



NERD Fitness

# THE BEGINNER BODYWEIGHT WORKOUT

DO THREE CIRCUITS OF THE FOLLOWING

1



20

Bodyweight Squats

4



10

Dumbbell Rows  
(use a milk jug or other weight)

2



10

Push-ups

5



15

sec

Plank

3



10

Walking Lunges  
(each leg)

6



30

Jumping Jacks

# Top Home Workout Full Tutorial For Beginners

**ML Morrison**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle positioned behind the bar's end.

## **Top Home Workout Full Tutorial For Beginners:**

## Whispering the Strategies of Language: An Mental Quest through **Top Home Workout Full Tutorial For Beginners**

In a digitally-driven world where monitors reign supreme and instant transmission drowns out the subtleties of language, the profound techniques and emotional nuances hidden within words frequently get unheard. However, nestled within the pages of **Top Home Workout Full Tutorial For Beginners** a charming fictional value pulsing with natural thoughts, lies a fantastic quest waiting to be undertaken. Written by a talented wordsmith, that wonderful opus encourages readers on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within ab muscles cloth of each and every word. Within the emotional depths with this touching review, we will embark upon a genuine exploration of the book is core subjects, dissect their interesting publishing fashion, and succumb to the strong resonance it evokes deep within the recesses of readers hearts.

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