



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

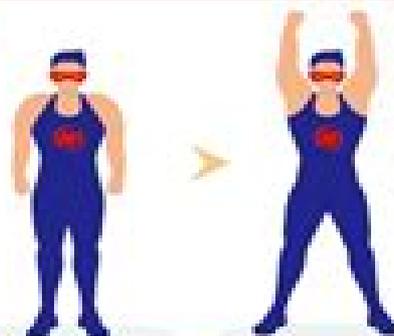
3



10

Walking Lunges  
(each leg)

6



30

Jumping Jacks

# Simple Home Workout 2025 For Workers

**Rachel S Tattersall**



## Simple Home Workout 2025 For Workers:

*The Management of Migrant Workers in the International Hospitality Industry* Sumi Ingerson, Beni Halvorsen, John Hatzinikolakis, Brad Nikolic, 2025-12-23 This timely book presents a critical exploration of migrant workers in the hospitality industry focusing on their experiences challenges and contributions to the sector as well as presenting recommendations to help shape future policies Issues relating to migrant workers in this sector have become increasingly important in the post pandemic context particularly skill discounting migrant worker turnover and retention and the type of work migrants engage in as the industry attempts to appeal to the business and leisure markets International in scope and appeal this volume explores the experiences of migrant workers in diverse cultural and economic contexts with the aim of providing practical advice for policymakers employers and educators to improve the overall experience of migrant workers in the sector The book discusses policy and management strategies with the aim of helping to shape future policies relating to migrant workers in the hospitality sector This volume will be of pivotal interest to students and academics of hospitality tourism development studies sociology hotel management and food and beverage management The book will also be useful for professionals within the hospitality industry as well as policymakers government agencies industry associations and unions representing the interests of workers in the sector **New Society** ,1972 *5 Step Planning Study Process Training Manual* ,2001

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