



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 Method For Home Workout Guide For Experts

RS Peters



Top Method For Home Workout Guide For Experts:

Top Method For Home Workout Guide For Experts Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has been evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Top Method For Home Workout Guide For Experts**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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