



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

Trending Home Workout Explained For Beginners

Yicheng Fang



Trending Home Workout Explained For Beginners:

Enjoying the Melody of Term: An Emotional Symphony within **Trending Home Workout Explained For Beginners**

In a world taken by monitors and the ceaseless chatter of fast communication, the melodic splendor and emotional symphony produced by the written term often disappear into the backdrop, eclipsed by the relentless sound and disruptions that permeate our lives. Nevertheless, located within the pages of **Trending Home Workout Explained For Beginners** a charming literary treasure filled with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, that captivating masterpiece conducts visitors on a mental trip, well unraveling the hidden melodies and profound affect resonating within each carefully crafted phrase. Within the depths of the touching evaluation, we will discover the book is central harmonies, analyze its enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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