



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

Easy Home Workout Usa For Beginners

Nick Willoughby



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American Illustrated Magazine ,1928 *Good Housekeeping* ,1929 *Digest; Review of Reviews Incorporating Literary Digest* ,1930 *Proceedings of the Second Pan American Scientific Congress, Washington, U. S. A., Monday, December 27, 1915 to Saturday, January 8, 1916* ,1917 *Popular Science Monthly* ,1926 Proceedings of the second Pan American Scientific Congress, Washington, U.S.A., Monday, December 27, 1915 to Saturday, January 8, 1916 1915- 1916 v. 4 ,1917

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