



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

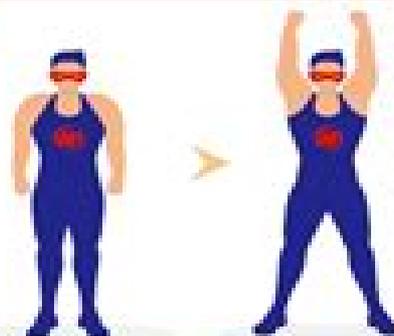
3



10

Walking Lunges  
(each leg)

6



30

Jumping Jacks

# Trending Home Workout Explained For Beginners

**Karin Nielsen-Saines**



## **Trending Home Workout Explained For Beginners:**

## **Trending Home Workout Explained For Beginners** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Trending Home Workout Explained For Beginners**, a literary masterpiece that delves deep into the significance of words and their impact 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 is key themes, examine its writing style, and analyze its overall impact on readers.

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