



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 Guide For Workers

American Home Economics Association



Simple Home Workout Guide For Workers:

Training Home Economics Program Assistants to Work with Low Income Families Janalyce Rouls, Barbara Rice, Jeanne Priester, 1965 *Resources in Education* ,1993-10 PROGRAM OF WORK FOR THE FISCAL YEAR U.S. . AGRICULTURE, DEPT. OF,1916 *Program of Exercises for North Carolina Day* ,1915 Department of State Bulletin ,1952 The official monthly record of United States foreign policy **Bulletin of the American Home Economics Association** American Home Economics Association,1928 Includes the proceedings of the annual meetings School Science and Mathematics School Science and Mathematics,1917 The Book of Rural Life Edward Mowbray Tuttle,1925

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