



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 Home Workout Full Tutorial

**ML Yell**



## **Top Home Workout Full Tutorial:**

Eventually, you will entirely discover a extra experience and execution by spending more cash. yet when? attain you endure that you require to get those all needs when having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to understand even more nearly the globe, experience, some places, past history, amusement, and a lot more?

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