



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 Experts

**ML Yell**



## **Simple Home Workout Guide For Experts:**

Eventually, you will certainly discover a additional experience and success by spending more cash. still when? get you acknowledge that you require to acquire those every needs bearing in mind having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to understand even more in relation to the globe, experience, some places, subsequently history, amusement, and a lot more?

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