



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 Step Plan For Beginners

**Liyong Dong**



## **Simple Home Workout Step Plan For Beginners:**

## **Simple Home Workout Step Plan For Beginners** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Simple Home Workout Step Plan For Beginners**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence.

Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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