



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 Method For Home Workout Guide

**Jin-Ying Zhang**



## Top Method For Home Workout Guide:

*The Life-Changing Bodybuilding Guide: The Best Workouts for Extremely Busy People* Shu Chen Hou, In today s world we have many technological advances that make our lives easier However we pay a price for this convenience we don t have the time or energy to care for ourselves We spend most of our days sitting in chairs which can have a negative impact on our health and wellbeing This is where bodybuilding comes in By incorporating bodybuilding into your busy lifestyle you can improve your physical health and achieve the body you desire However with so many workout options available it can be overwhelming to know where to start That s why we ve created *The Life Changing Bodybuilding Guide The Best Workouts for Extremely Busy People* This guide will provide you with the best workout routines that are tailored to fit into your busy schedule From quick and efficient workouts to meal plans that support muscle growth and recovery this guide has everything you need to achieve your fitness goals You ll learn about the benefits of weightlifting and how it can help you build muscle burn fat and improve your overall health We ll also cover the importance of nutrition and how to fuel your body with the right foods to support your workouts and recovery With *The Life Changing Bodybuilding Guide* you ll have everything you need to transform your body and improve your health even if you have a busy schedule Don t let a hectic lifestyle hold you back from achieving the body and health you deserve Get your copy of *The Life Changing Bodybuilding Guide* today and start your journey to a better you

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