



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 For Experts 18835

**Yijin Wang**



**Top Home Workout Full Tutorial For Experts 18835:**

## **Top Home Workout Full Tutorial For Experts 18835** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Top Home Workout Full Tutorial For Experts 18835**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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