



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

Easy Home Workout Explained For Beginners

Y Pai

A decorative graphic element consisting of a horizontal light blue bar with a rounded right end, overlapping a semi-transparent red circular shape.

Easy Home Workout Explained For Beginners:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Easy Home Workout Explained For Beginners**

In a global inundated with displays and the cacophony of instantaneous communication, the profound energy and mental resonance of verbal art frequently diminish in to obscurity, eclipsed by the constant assault of sound and distractions. Yet, set within the lyrical pages of **Easy Home Workout Explained For Beginners**, a interesting function of literary beauty that impulses with organic thoughts, lies an unforgettable journey waiting to be embarked upon. Composed with a virtuoso wordsmith, this interesting opus courses visitors on a psychological odyssey, delicately exposing the latent possible and profound affect embedded within the delicate internet of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is central themes, dissect their interesting publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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