



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

Beginner Friendly Home Workout Step Plan For Beginners

Terry C. Jones



Beginner Friendly Home Workout Step Plan For Beginners:

Whispering the Secrets of Language: An Psychological Quest through **Beginner Friendly Home Workout Step Plan For Beginners**

In a digitally-driven earth wherever monitors reign supreme and immediate connection drowns out the subtleties of language, the profound techniques and mental subtleties hidden within phrases often go unheard. However, nestled within the pages of **Beginner Friendly Home Workout Step Plan For Beginners** a captivating fictional treasure blinking with raw thoughts, lies an extraordinary quest waiting to be undertaken. Written by an experienced wordsmith, this enchanting opus encourages viewers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within ab muscles fabric of each and every word. Within the emotional depths of the touching review, we shall embark upon a heartfelt exploration of the book is primary styles, dissect its charming publishing model, and succumb to the effective resonance it evokes strong within the recesses of readers hearts.

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