



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

Expert Home Workout Guide For Beginners

Xiaolong Qi



Expert Home Workout Guide For Beginners:

Unveiling the Power of Verbal Art: An Psychological Sojourn through **Expert Home Workout Guide For Beginners**

In a global inundated with monitors and the cacophony of instant conversation, the profound power and mental resonance of verbal art frequently diminish into obscurity, eclipsed by the continuous assault of sound and distractions. However, located within the lyrical pages of **Expert Home Workout Guide For Beginners**, a captivating function of literary brilliance that pulses with fresh thoughts, lies an remarkable journey waiting to be embarked upon. Penned with a virtuoso wordsmith, this interesting opus guides viewers on an emotional odyssey, softly revealing the latent potential and profound affect embedded within the complex web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is main themes, dissect its fascinating writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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