



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

# Kit For Remote Workers Complete Beginner Guide To Home Workout Routine

**Shasha Hu**



## **Kit For Remote Workers Complete Beginner Guide To Home Workout Routine:**

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## Enjoying the Melody of Expression: An Psychological Symphony within **Kit For Remote Workers Complete Beginner Guide To Home Workout Routine**

In a world used by monitors and the ceaseless chatter of instant communication, the melodic beauty and emotional symphony developed by the published term often disappear into the backdrop, eclipsed by the persistent noise and interruptions that permeate our lives. Nevertheless, set within the pages of **Kit For Remote Workers Complete Beginner Guide To Home Workout Routine** an enchanting literary treasure filled with fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this captivating masterpiece conducts readers on a psychological journey, skillfully unraveling the concealed melodies and profound impact resonating within each carefully constructed phrase. Within the depths of this touching assessment, we will explore the book is main harmonies, analyze their enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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