



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

# Workout Routine Organically Complete Beginner Guide To Home Workout

**Marcel A. Müller**



## **Workout Routine Organically Complete Beginner Guide To Home Workout:**

### **30-Day Weight Loss Kickstart: A Beginner's Plan for Fat Loss, Fitness, and Confidence** Dr. Steve Pal, 2026-02-04

Are you ready to transform your body energy and confidence in just 30 days? 30 Day Weight Loss Kickstart: A Beginner's Plan for Fat Loss, Fitness, and Confidence is your ultimate roadmap to kickstart a healthier, stronger, and more confident you without overwhelm, confusion, or crash diets. This beginner-friendly guide goes beyond just workouts and meal plans. Inside, you'll discover simple, effective fat loss strategies you can follow at home or the gym. Daily habits and quick workouts designed to fit even the busiest schedule. Mindset techniques to overcome fear, self-doubt, and procrastination. Energy-boosting routines to stay productive and motivated every day. Step-by-step guidance to turn your transformation into opportunities, including side income, content creation, or coaching. With a structured 30-day plan, actionable tips, and a focus on consistency over perfection, this book will help you create real results, build lasting confidence, and open doors to new personal and financial opportunities. Whether you're just starting out or struggling to stay consistent, this book equips you with everything you need to take action, stay accountable, and see measurable results in just one month. Your 30-day kickstart begins now: take control of your health, your habits, and your future today.

**The Zero Point Weight Loss Cookbook for Beginners** Martha Howard, 2026-01-26

If calorie counting, strict meal plans, and constant food tracking have left you frustrated or burned out, this book offers a refreshing alternative. The Zero Point Weight Loss Cookbook for Beginners introduces a simple, sustainable approach to weight loss that removes stress from eating while helping you build habits that actually last. Designed especially for beginners, this guide shows you how to lose weight by focusing on zero-point foods: nutrient-dense, satisfying ingredients that allow you to eat freely without obsessing over numbers. Instead of restriction and deprivation, you'll learn how to create balanced, filling meals that naturally support weight loss and steady energy. This cookbook goes beyond recipes; it explains the why behind the zero-point approach, helping you understand how to eat with confidence, recognize hunger cues, and make choices that fit real life. Clear explanations, practical tips, and flexible weekly plans make it easy to get started, even if you've struggled with diets in the past. Inside, you'll find a beginner-friendly introduction to zero-point weight loss, guidance on building meals without counting calories or points, weekly meal plans that remove decision fatigue, easy, flavorful recipes for breakfast, lunch, dinner, snacks, and light desserts, simple strategies to stay full, energized, and consistent, tools to help you stay on track without guilt or overwhelm, and every recipe is crafted for simplicity, using accessible ingredients and straightforward steps that fit busy schedules. Whether you're cooking for yourself or your family, these meals are designed to be enjoyable, practical, and repeatable. Perfect for anyone new to zero-point eating or looking for a more relaxed path to weight loss, The Zero Point Weight Loss Cookbook for Beginners helps you rebuild trust with food, enjoy eating again, and move toward your goals, one satisfying meal at a time. If you're ready to stop counting, start feeling full, and finally make weight loss feel manageable, this cookbook is your ideal place to begin.

**The Publishers**

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