



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

Creators And Bloggers Complete Beginner Guide To Home Workout Routine

Zhe Xu



Creators And Bloggers Complete Beginner Guide To Home Workout Routine:

Delve into the emotional tapestry woven by Crafted by in Dive into the Emotion of **Creators And Bloggers Complete Beginner Guide To Home Workout Routine** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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