

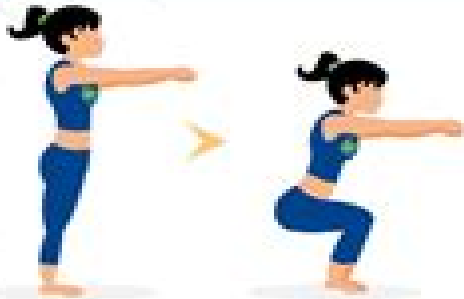


NERD Fitness

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

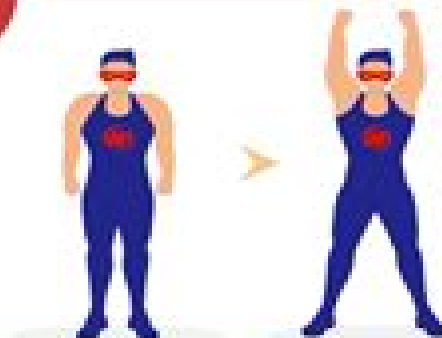
3



10

Walking Lunges
(each leg)

6



30

Jumping Jacks

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M Tight



Creators And Bloggers Complete Beginner Guide To Home Workout Routine:

Whispering the Techniques of Language: An Emotional Journey through **Creators And Bloggers Complete Beginner Guide To Home Workout Routine**

In a digitally-driven world wherever displays reign supreme and immediate connection drowns out the subtleties of language, the profound techniques and mental nuances hidden within phrases usually get unheard. Yet, nestled within the pages of **Creators And Bloggers Complete Beginner Guide To Home Workout Routine** a fascinating literary treasure pulsing with raw thoughts, lies an exceptional journey waiting to be undertaken. Composed by a skilled wordsmith, this marvelous opus encourages readers on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within the very material of each and every word. Within the mental depths with this emotional evaluation, we will embark upon a sincere exploration of the book is key subjects, dissect its fascinating writing model, and fail to the strong resonance it evokes heavy within the recesses of readers hearts.

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