



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

Bloggers Complete Beginner Guide To Home Workout Routine That Actually

Hussin A.Rothana



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The book delves into Bloggers Complete Beginner Guide To Home Workout Routine That Actually. Bloggers Complete Beginner Guide To Home Workout Routine That Actually is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Bloggers Complete Beginner Guide To Home Workout Routine That Actually, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
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 - Chapter 3: Bloggers Complete Beginner Guide To Home Workout Routine That Actually in Everyday Life
 - Chapter 4: Bloggers Complete Beginner Guide To Home Workout Routine That Actually in Specific Contexts
 - Chapter 5: Conclusion
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- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Bloggers Complete Beginner Guide To Home Workout Routine That Actually.

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