



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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