



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

# Routine Organically Complete Beginner Guide To Home Workout Routine That

**H Kauffman**



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

Ignite the flame of optimism with Crafted by is motivational masterpiece, Fuel Your Spirit with **Routine Organically Complete Beginner Guide To Home Workout Routine That** . In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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