



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

# Complete Beginner Guide To Home Workout Routine Without Paid Ads

**David Kirk**



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web the aforementioned minor has my our consent to travel with family name first name s date and place of birth number of travel document country and city were the travel document was issued issuing authority of travel document validation date of the travel document nationality relationship to minor

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