



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

# Workers Complete Beginner Guide To Home Workout Routine Organically

**SA Dillow**



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

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Experience Loveis Journey in **Workers Complete Beginner Guide To Home Workout Routine Organically** . This emotionally charged ebook, available for download in a PDF format ( PDF Size: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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