



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 With Free Tools Complete Beginner Guide To Home Workout Routine

D Siedentop



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web if a rotating component such as a drill chuck does not hold the drill centrally then as it rotates the rotating drill will turn about a secondary axis run out has two main forms radial run out is caused by the tool being translated off the machine axis

still parallel radial run out will measure the same all along the machine axis

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