



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 Organically Complete

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Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Complete Beginner Guide To Home Workout Routine Organically Complete**

In a world inundated with monitors and the cacophony of instantaneous communication, the profound power and mental resonance of verbal art usually diminish into obscurity, eclipsed by the constant barrage of noise and distractions. Yet, set within the musical pages of **Complete Beginner Guide To Home Workout Routine Organically Complete**, a interesting work of literary elegance that pulses with raw feelings, lies an remarkable trip waiting to be embarked upon. Written with a virtuoso wordsmith, that exciting opus books readers on an emotional odyssey, delicately exposing the latent possible and profound influence stuck within the elaborate internet of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is central styles, dissect its charming writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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