



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

**Hongru Du**



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web 1 find the anterior front end of the earthworm by locating the fleshy bump over its mouth called the prostomium the posterior back end has a small hole where solid waste is expelled called the anus the length of the worm is made up of many tiny segments each separated by a thin wall called a septum 2

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