



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

# Home Workout Routine For Creators And Bloggers Complete Beginner Guide

**Jin-Ying Zhang**



## **Home Workout Routine For Creators And Bloggers Complete Beginner Guide:**

Uncover the mysteries within is enigmatic creation, Discover the Intrigue in **Home Workout Routine For Creators And Bloggers Complete Beginner Guide** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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