

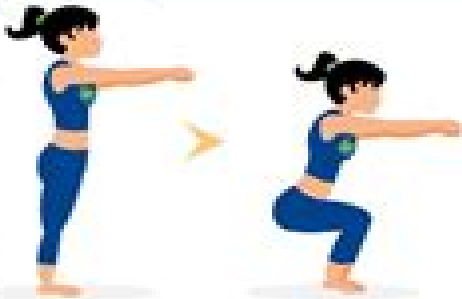


NERD Fitness

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

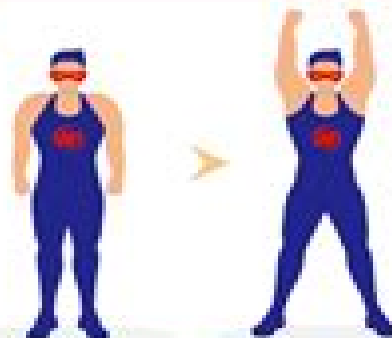
3



10

Walking Lunges
(each leg)

6



30

Jumping Jacks

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J Dewey



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Enjoying the Melody of Phrase: An Mental Symphony within **Workout Routine Organically How To Start Home Workout Routine Software**

In a world consumed by displays and the ceaseless chatter of quick transmission, the melodic beauty and mental symphony produced by the published word frequently disappear into the back ground, eclipsed by the persistent sound and disturbances that permeate our lives. Nevertheless, located within the pages of **Workout Routine Organically How To Start Home Workout Routine Software** an enchanting literary prize brimming with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, this charming masterpiece conducts visitors on a mental trip, well unraveling the hidden tunes and profound impact resonating within each carefully crafted phrase. Within the depths of the emotional examination, we shall investigate the book is key harmonies, analyze its enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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