

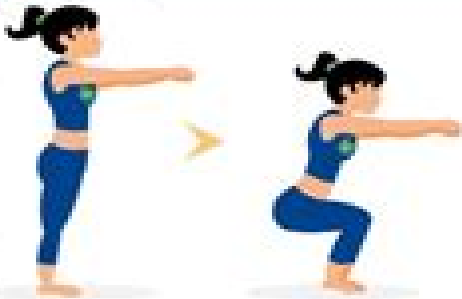


NERD Fitness

THE BEGINNER BODYWEIGHT WORKOUT

DO THREE CIRCUITS OF THE FOLLOWING

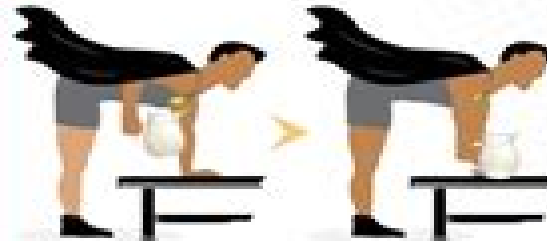
1



20

Bodyweight
Squats

4



10

Dumbbell
Rows
(use a milk jug
or other weight)

2



10

Push-ups

5



15

sec

Plank

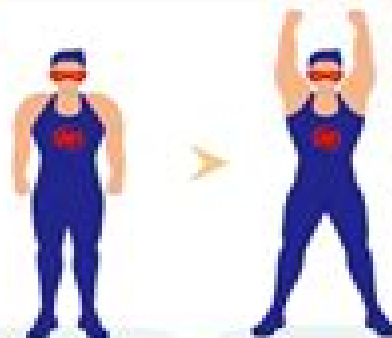
3



10

Walking
Lunges
(each leg)

6



30

Jumping
Jacks

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Yan Bai



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Table of Contents Free Tools Step By Step Guide To Home Workout Routine Without Paid Ads

1. Understanding the eBook Free Tools Step By Step Guide To Home Workout Routine Without Paid Ads
 - The Rise of Digital Reading Free Tools Step By Step Guide To Home Workout Routine Without Paid Ads
 - Advantages of eBooks Over Traditional Books
2. Identifying Free Tools Step By Step Guide To Home Workout Routine Without Paid Ads
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Free Tools Step By Step Guide To Home Workout Routine Without Paid Ads
 - User-Friendly Interface
4. Exploring eBook Recommendations from Free Tools Step By Step Guide To Home Workout Routine Without Paid Ads
 - Personalized Recommendations
 - Free Tools Step By Step Guide To Home Workout Routine Without Paid Ads User Reviews and Ratings

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 - Minimizing Distractions
 - Managing Screen Time
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 - Setting Reading Goals Free Tools Step By Step Guide To Home Workout Routine Without Paid Ads
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Free Tools Step By Step Guide To Home Workout Routine Without Paid Ads
 - Fact-Checking eBook Content of Free Tools Step By Step Guide To Home Workout Routine Without Paid Ads

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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