



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 Without Paid Ads

Lingjun Ying



Complete Beginner Guide To Home Workout Routine Without Paid Ads:

Whispering the Secrets of Language: An Emotional Quest through **Complete Beginner Guide To Home Workout Routine Without Paid Ads**

In a digitally-driven earth wherever displays reign supreme and immediate conversation drowns out the subtleties of language, the profound techniques and mental nuances hidden within words usually move unheard. However, located within the pages of **Complete Beginner Guide To Home Workout Routine Without Paid Ads** a fascinating fictional value pulsating with natural emotions, lies a fantastic journey waiting to be undertaken. Penned by a talented wordsmith, this wonderful opus attracts visitors on an introspective trip, softly unraveling the veiled truths and profound affect resonating within ab muscles fabric of every word. Within the emotional depths of this moving evaluation, we will embark upon a honest exploration of the book is primary themes, dissect their captivating writing design, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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