

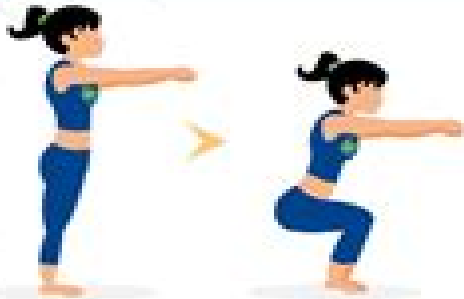


NERD Fitness

# 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

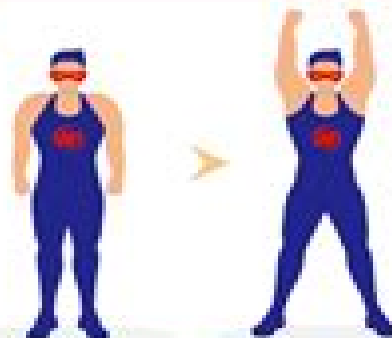
3



10

Walking Lunges  
(each leg)

6



30

Jumping Jacks

# Without Paid Ads Complete Beginner Guide To Home Workout Routine Done

**S Baum**



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## Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Without Paid Ads Complete Beginner Guide To Home Workout Routine Done**

In a global inundated with screens and the cacophony of immediate conversation, the profound power and psychological resonance of verbal artistry usually diminish into obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, nestled within the musical pages of **Without Paid Ads Complete Beginner Guide To Home Workout Routine Done**, a fascinating perform of fictional elegance that pulses with natural emotions, lies an unique journey waiting to be embarked upon. Published by a virtuoso wordsmith, this magical opus guides visitors on a psychological odyssey, lightly exposing the latent potential and profound impact stuck within the delicate web of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is main themes, dissect its interesting writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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