



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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Thomas Griffiths



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An Occupational Therapist's Guide to Home Modification Practice Elizabeth Ainsworth, Desleigh De Jonge, 2011
Occupational therapists require skills to access the daily living skills of their clients. This book uses a transactional approach to examine the home environment and the client. Current and future needs are assessed, and this book addresses concerns and suggests solutions which will assist in helping the client remain in their own home.

30-Day Weight Loss Kickstart: A Beginner's Plan for Fat Loss, Fitness, and Confidence Dr. Steve Pal, 2026-02-04
Are you ready to transform your body energy and confidence in just 30 days? 30 Day Weight Loss Kickstart: A Beginner's Plan for Fat Loss, Fitness, and Confidence is your ultimate roadmap to kickstart a healthier, stronger, and more confident you without overwhelm, confusion, or crash diets. This beginner-friendly guide goes beyond just workouts and meal plans. Inside, you'll discover simple, effective fat loss strategies you can follow at home or the gym. Daily habits and quick workouts designed to fit even the busiest schedule. Mindset techniques to overcome fear, self-doubt, and procrastination. Energy-boosting routines to stay productive and motivated every day. Step-by-step guidance to turn your transformation into opportunities, including side income, content creation, or coaching. With a structured 30-day plan, actionable tips, and a focus on consistency over perfection, this book will help you create real results, build lasting confidence, and open doors to new personal and financial opportunities. Whether you're just starting out or struggling to stay consistent, this book equips you with everything you need to take action, stay accountable, and see measurable results in just one month. Your 30-day kickstart begins now. Take control of your health, your habits, and your future today.

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