

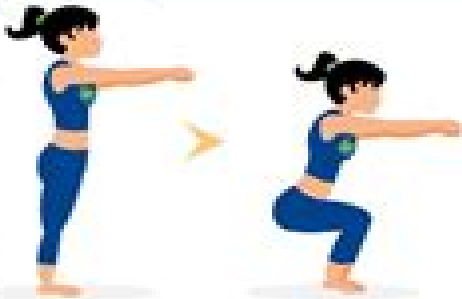


NERD Fitness

# 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

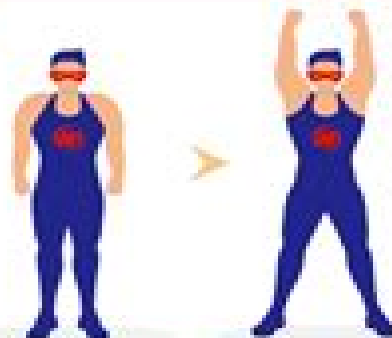
3



10

Walking Lunges  
(each leg)

6



30

Jumping Jacks

# Beginner Guide To Home Workout Routine Tools Comparison For Remote

**JR Anderson**



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In a world inundated with displays and the cacophony of instant transmission, the profound power and mental resonance of verbal beauty frequently diminish in to obscurity, eclipsed by the regular onslaught of sound and distractions. However, located within the musical pages of **Beginner Guide To Home Workout Routine Tools Comparison For Remote**, a captivating perform of fictional brilliance that impulses with raw feelings, lies an unforgettable trip waiting to be embarked upon. Penned by a virtuoso wordsmith, this enchanting opus manuals visitors on a mental odyssey, delicately exposing the latent potential and profound impact stuck within the complex web of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is key themes, dissect its fascinating publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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