



**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 In 2026 Complete

**Michael Brown**



## **Complete Beginner Guide To Home Workout Routine In 2026 Complete:**

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