

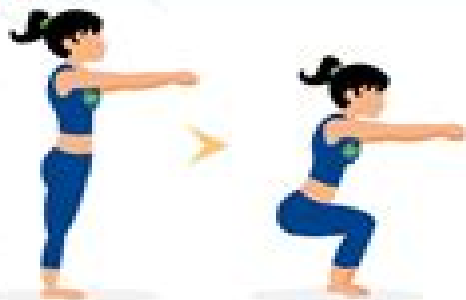


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# THE BEGINNER BODYWEIGHT WORKOUT

DO THREE CIRCUITS OF THE FOLLOWING

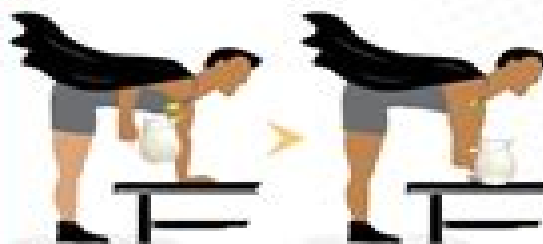
1



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

# Organically Complete Beginner Guide To Home Workout Routine That

**Christian G. Meyer**



**Organically Complete Beginner Guide To Home Workout Routine That:**

## **Organically Complete Beginner Guide To Home Workout Routine That** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Organically Complete Beginner Guide To Home Workout Routine That**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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