



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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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
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