



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

# Remote Workers Complete Beginner Guide To Home Workout Routine

**Sasha Hu**



## **Remote Workers Complete Beginner Guide To Home Workout Routine:**

Fuel your quest for knowledge with is thought-provoking masterpiece, **Remote Workers Complete Beginner Guide To Home Workout Routine** . This educational ebook, conveniently sized in PDF ( \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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