

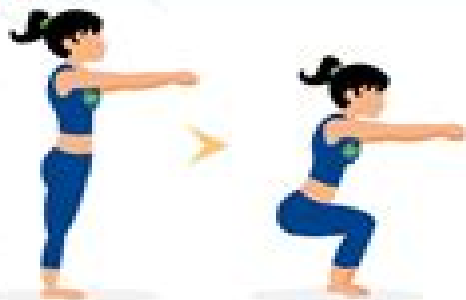


NERD Fitness

# THE BEGINNER BODYWEIGHT WORKOUT

DO THREE CIRCUITS OF THE FOLLOWING

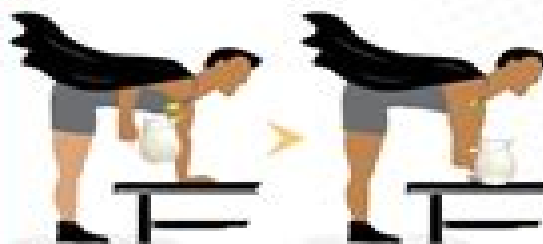
1



20

Bodyweight Squats

4



10

Dumbbell Rows  
(use a milk jug or other weight)

2



10

Push-ups

5



15

sec  
Plank

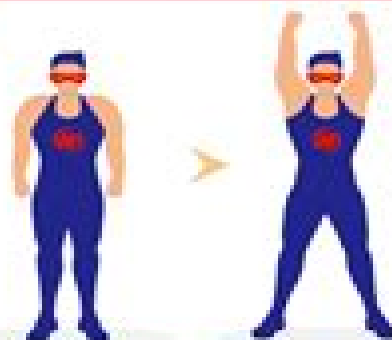
3



10

Walking Lunges  
(each leg)

6



30

Jumping Jacks

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**Kansas. State Board of Agriculture**



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