



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

# Beginner Guide To Home Workout Routine Organically Complete Beginner

**KJ Lindholm-Leary**



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web answer yes the percentage of yield can be calculated from the concept of limiting reactant an example is shown below if  
25 ml of 0.320 M barium chloride takes part in a reaction with excess amount of silver nitrate and form the silver chloride  
precipitate 1.83 g of silver chloride is collected as precipitate

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rapidly decomposes to its component elements a write a balanced molecular equation for the reaction of hydrochloric acid  
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web using the limiting reactants gizmo you can determine which reactant is limiting in various scenarios to begin make sure  
H<sub>2</sub> + O<sub>2</sub> becomes H<sub>2</sub>O is selected the small 2 in H<sub>2</sub> + O<sub>2</sub> and H<sub>2</sub>O is a subscript subscripts represent the number of atoms in a  
molecule 1 use the sliders to set the number of O<sub>2</sub> molecules and H<sub>2</sub> molecules to two a

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left over after the reaction c has the largest number of atoms d has the fewest number of atoms answer correct answer a is  
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web vocabulary limiting reactants vocabulary chemical equation a symbolic representation of a chemical reaction  $o$  in a chemical equation reactants are shown on the left and products are shown on the right  $o$  for example the chemical equation  $na + cl_2 \rightarrow nacl$  describes the reaction of sodium  $na$  and chlorine gas  $cl_2$  to form table salt

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