



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

# **Bloggers Complete Beginner Guide To Home Workout Routine That Actually**

**Ed Bowker Staff,Staff Bowker, Ed**

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web animals are multicellular eukaryotic organisms in the biological kingdom animalia with few exceptions animals consume organic material breathe oxygen have myocytes and are able to move can reproduce sexually and grow from a hollow sphere of cells the blastula during embryonic development as of 2022 2 16 million living animal species have been

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web kingdom animalia evaluation 1 the symmetry exhibited in cnidarians is a radial b bilateral c pentamerous radial d asymmetrical 2 sea anemone belongs to phylum a protozoa b porifera c coelenterata d echinodermata 3 the excretory cells that are found in platyhelminthes are a protonephridia b flame cells c solenocytes d all of these 4

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web answers will vary but the correct answer is agree the classification system is top down so if the animal is the same as another at a lower level they must be in the same higher levels why do you think that we had to be more specific about the animals in this chart

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web your answers q 1 q 2 q 3 q 4 q 5 q 6 q 7 q 8 q 9 q10 q11 q12 q13 q14 q15 correct answers q 1 q 2 q 3 q 4 q 5 q 6 q 7 q 8 q 9 q10 q11 q12 q13 q14 q15

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web level of organisation conclusion the animalia kingdom is a diverse group of multicellular eukaryotic organisms and is heterotrophic as a result they get their nutrition from outside sources

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