



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

Advanced Home Workout Guide For Beginners

Ying-Ying Zheng



Advanced Home Workout Guide For Beginners:

30 days home jump program for beginners to advance increase your vertical jump D.E books workouts ,101-01-01 30 Days Home Jump Program Beginner to Advance is a complete workout program designed for anyone from beginner to advanced who wants to strengthen their legs feet and entire body without having to leave the house or use expensive equipment Over the course of 30 days the level of difficulty of the exercises will be gradually increased to acclimate the body prevent injury and achieve stronger higher and more controlled jumps This program focuses on leg strength explosive power balance and core stability using bodyweight exercises such as basic jumps squat variations calf exercises plyometrics and mobility workouts Each week has a clear progression from simple and safe moves for beginners to more intense and explosive drills for advanced levels Warm up and cool down routines are also included to keep the body safe and recovering The 30 Days Home Jump Program is perfect for those who want to increase their vertical jump improve their athletic performance lose weight or become stronger and more confident in their movements No gym membership required just hard work consistency and determination In just 30 days you ll feel the difference in your jump strength endurance and height

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Ultimate Abs Gareth Sapstead,2022 Ultimate Abs provides a science based approach to abdominal training designed to help you finally achieve that long elusive six pack This practical guide features 130 of the most effective exercises a host of ready to use programs and proven strategies for achieving and maintaining results

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