



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

# Simple Home Workout Guide For Workers

**Janalyce Rouls, Barbara Rice, Jeanne  
Priester**



## **Simple Home Workout Guide For Workers:**

## Whispering the Techniques of Language: An Psychological Quest through **Simple Home Workout Guide For Workers**

In a digitally-driven world where displays reign great and immediate communication drowns out the subtleties of language, the profound techniques and mental subtleties hidden within words frequently get unheard. However, nestled within the pages of **Simple Home Workout Guide For Workers** a captivating fictional value sporting with raw emotions, lies an extraordinary quest waiting to be undertaken. Written by a talented wordsmith, this marvelous opus attracts visitors on an introspective trip, softly unraveling the veiled truths and profound impact resonating within ab muscles cloth of each and every word. Within the emotional depths with this moving evaluation, we can embark upon a heartfelt exploration of the book is core styles, dissect its interesting writing model, and succumb to the strong resonance it evokes strong within the recesses of readers hearts.

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