



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

Kathleen Armour



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