



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

# How To Start Home Workout Ideas For Experts

**CH Cherryholmes**



## **How To Start Home Workout Ideas For Experts:**

*Home Workout for Beginners: The at-home Workouts You Can Do Without Any Equipment (The Most Effective Permanent Solution to Long Term Fitness)* Lisette Carl, 2021-12-23 Sessions originally done at the gym were completed under the supervision of two world class coaches and mentors along with other visiting coaches from all over the country Each day a training session was written on an old whiteboard for all to follow and i kept meticulous records of each one that we did Using this database of training sessions scribbled into moleskine notebooks i ve compiled what you will find in these pages referred to as the original sessions Here is a preview of what you ll learn How to recognize what steers you away from reaching your fitness goals A new approach to starting a new workout program Fun time sensitive easy zero equipment needed workouts included Maintaining your progress How to overcome fallbacks A calendar of how to write out your month of fitness Whether the gym isn t your thing or you re short on time clear out space in the living room and prepare to sweat Imagine getting a short yet realistic workout program for beginners Then this book is your solution Most workouts are designed for people who have experience working out in the gym But not all workout programs can or will work for beginners With 8 different workouts you ll find everything you need to start working out and get sustainable results

*Calisthenics for Beginners* Willis Benson, *Calisthenics for Beginners From Basic Exercises to Advanced Workouts for Total Body Transformation* is the ultimate guide for those who want to take their bodyweight training to the next level This book offers a comprehensive approach to calisthenics covering everything from the basics to advanced techniques In this book you will learn The foundational exercises of calisthenics including push ups squats and pull ups How to progress to more advanced exercises such as handstand push ups and muscle ups Tips for developing strength and mobility as well as avoiding common injuries How to structure a calisthenics workout program for optimal results Ways to incorporate calisthenics into your daily routine for improved health and fitness The benefits of calisthenics are numerous including Increased strength flexibility and mobility Improved body composition and physical appearance Enhanced cardiovascular health and endurance Reduced risk of injury compared to traditional weightlifting Minimal equipment is required making it a cost effective and convenient fitness option With clear and concise instructions and expert advice *Calisthenics From Basic Exercises to Advanced* is the ultimate resource for anyone looking to master bodyweight training and achieve their fitness goals

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