



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

Easy Home Workout Guide For Experts

R Barnett



Easy Home Workout Guide For Experts:

Embracing the Beat of Appearance: An Psychological Symphony within **Easy Home Workout Guide For Experts**

In a global consumed by monitors and the ceaseless chatter of instant communication, the melodic elegance and mental symphony produced by the prepared term usually fade in to the back ground, eclipsed by the constant sound and disturbances that permeate our lives. However, located within the pages of **Easy Home Workout Guide For Experts** an enchanting literary value overflowing with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that charming masterpiece conducts visitors on a psychological journey, well unraveling the hidden melodies and profound impact resonating within each carefully crafted phrase. Within the depths with this emotional evaluation, we can discover the book is central harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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