



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

# Bodyweight Training For Beginners Bodyweight Training Guide

**KJ Lindholm-Leary**



## **Bodyweight Training For Beginners Bodyweight Training Guide:**

## Enjoying the Melody of Appearance: An Emotional Symphony within **Bodyweight Training For Beginners Bodyweight Training Guide**

In some sort of used by displays and the ceaseless chatter of immediate connection, the melodic beauty and emotional symphony developed by the written word frequently disappear into the back ground, eclipsed by the constant noise and disturbances that permeate our lives. But, nestled within the pages of **Bodyweight Training For Beginners Bodyweight Training Guide** a charming literary prize full of natural feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, that charming masterpiece conducts visitors on an emotional trip, well unraveling the hidden songs and profound influence resonating within each cautiously crafted phrase. Within the depths of the poignant evaluation, we will explore the book is main harmonies, analyze their enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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