



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 Use Home Workout Guide For Workers

Lei Huang



How To Use Home Workout Guide For Workers:

How To Use Home Workout Guide For Workers Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **How To Use Home Workout Guide For Workers**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

<https://navigator.inspirato.com/data/browse/index.jsp/Easy%20Side%20Hustles%20For%20Beginners%205093%2043757.pdf>

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