## **NERD Fitness** Beginner Bodyweight Workout

**BEFORE:** Warm Up - 5-10 minutes of easy, general movement (e.g., jog in place, jump rope, arm circles, leg swings)

AFTER: Cool down - 5-10 minutes of easy walking, and upper body/lower body stretches

*GUIDELINES:* Go 1-3 times through the circuit, performing exercise 1 to 6 in order, then repeating. Perform on non-consecutive days. Record repetitions complete and/or weight used.

	EXERCISES											
1	Bodyweight squats - <b>x 20 reps</b>	4	Dumbbell rows - <b>x 10/side</b>									
2	Push ups - <b>x 10 reps</b>	5	Plank - <b>15 seconds</b>									
3	Walking lunges - <b>x 20 reps</b> (10/side)	6	Jumping jacks - <b>x 30 reps</b>									

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