

# **30 DAY WEIGHT LOSS CHALLENGE FOR BEGINNERS**

## **Week 1**

### **Monday**

**12 squats x3  
12 push-ups (on the knees) x3  
10 triceps dips x3  
20 step-ups x3  
12 backward lunges (6 each leg)  
x3  
10 dumbbell overhead triceps  
extension x3**

### **Wednesday**

**Cardio workout- walk outside  
or on the treadmill for 40  
minutes, at a brisk pace.  
Fat Burning Abs Workout  
20 Russian twists x 3  
30-second plank hold x3  
20 leg raises x3**

### **Friday**

**12 forward lunges (6 each leg) x3  
12 dumbbell hammer curls x3  
12 glute bridges x3  
12 bicep curls x3  
12 dumbbell rows x3  
12 stiff leg deadlifts x3**

### **Tuesday**

**12 forward lunges (6 each leg)  
x3  
12 dumbbell hammer curls x 3  
12 glute bridges x3  
12 bicep curls x 3  
12 dumbbell rows x3  
12 stiff leg deadlifts x3**

### **Thursday**

**12 squats x 3  
12 push-ups (on the knees) x 3  
10 triceps dips x3  
20 step-ups x 3  
12 backward lunges (6 each leg)  
x3  
10 dumbbell overhead triceps  
extension x3**

### **Saturday**

**Rest**

### **Sunday**

**Rest**

# Weight Loss For Beginners

**Minjie Lin**



## **Weight Loss For Beginners:**

## Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Weight Loss For Beginners**

In some sort of inundated with monitors and the cacophony of instant connection, the profound energy and psychological resonance of verbal beauty often disappear in to obscurity, eclipsed by the constant onslaught of sound and distractions. However, located within the lyrical pages of **Weight Loss For Beginners**, a charming function of literary beauty that pulses with organic feelings, lies an memorable trip waiting to be embarked upon. Written by way of a virtuoso wordsmith, this magical opus books readers on a mental odyssey, lightly exposing the latent potential and profound impact stuck within the delicate web of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is central subjects, dissect their charming writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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