

# **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

**Scott C. Dulebohn**



## **Weight Loss For Beginners:**

## **Weight Loss For Beginners** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Weight Loss For Beginners**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled 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 is key themes, examine its writing style, and analyze its overall affect readers.

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