

# **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

**Daniela Niemeyer**



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