

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

Ensheng Dong



Weight Loss For Beginners:

Adopting the Track of Appearance: An Psychological Symphony within **Weight Loss For Beginners**

In a world consumed by screens and the ceaseless chatter of quick connection, the melodic beauty and psychological symphony produced by the prepared word usually disappear in to the background, eclipsed by the constant noise and distractions that permeate our lives. But, located within the pages of **Weight Loss For Beginners** a stunning literary prize brimming with natural thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that fascinating masterpiece conducts visitors on a mental journey, well unraveling the concealed melodies and profound influence resonating within each carefully crafted phrase. Within the depths with this touching review, we can investigate the book is central harmonies, analyze their enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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