

# 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

### 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

### 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

### 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

### 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

### Saturday

Rest

### Sunday

Rest

# Weight Loss For Beginners

**Scott Green**



## **Weight Loss For Beginners:**

## The Enigmatic Realm of **Weight Loss For Beginners**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Weight Loss For Beginners** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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cerveaux came from a champagne family of catholic farmers and priests

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web may 17 2018 through boucher around 1884 camille claudel met fellow sculptor auguste rodin rodin was impressed with the realism in her work right away he needed help around his workshop and as an intelligent woman she filled the role while also becoming a confidant for him she learned from him in the process developing skills like

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