

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

Michael Hoelscher



Weight Loss For Beginners:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **Weight Loss For Beginners**

In a global inundated with displays and the cacophony of instantaneous connection, the profound energy and psychological resonance of verbal art usually diminish in to obscurity, eclipsed by the constant assault of sound and distractions. However, situated within the lyrical pages of **Weight Loss For Beginners**, a charming function of fictional elegance that impulses with organic emotions, lies an remarkable trip waiting to be embarked upon. Written by a virtuoso wordsmith, this magical opus books readers on an emotional odyssey, gently revealing the latent possible and profound influence stuck within the intricate web of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is main subjects, dissect their fascinating writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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