

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

Raffaela Di Napoli



Weight Loss For Beginners:

Embracing the Melody of Term: An Mental Symphony within **Weight Loss For Beginners**

In a world eaten by displays and the ceaseless chatter of quick connection, the melodic elegance and mental symphony created by the published word usually fade into the back ground, eclipsed by the constant noise and distractions that permeate our lives. However, located within the pages of **Weight Loss For Beginners** a charming literary value full of organic feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that interesting masterpiece conducts readers on a mental trip, well unraveling the hidden tunes and profound affect resonating within each carefully crafted phrase. Within the depths of the poignant review, we can discover the book is main harmonies, analyze its enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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