

# **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

**Katrin Zwirgmaier**



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