

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

Kayla Bates



Weight Loss For Beginners:

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Weight Loss For Beginners**

In a global inundated with screens and the cacophony of instant conversation, the profound power and psychological resonance of verbal art often fade in to obscurity, eclipsed by the constant assault of sound and distractions. Yet, located within the lyrical pages of **Weight Loss For Beginners**, a fascinating work of literary beauty that impulses with natural emotions, lies an unforgettable journey waiting to be embarked upon. Published with a virtuoso wordsmith, that interesting opus books visitors on a mental odyssey, gently revealing the latent possible and profound affect stuck within the delicate web of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is central themes, dissect their charming writing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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