

# **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

**Mrs. Margaret Rivers Larminie Tragett**

## **Weight Loss For Beginners:**

The book delves into Weight Loss For Beginners. Weight Loss For Beginners is an essential topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Weight Loss For Beginners, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
  - Chapter 1: Introduction to Weight Loss For Beginners
  - Chapter 2: Essential Elements of Weight Loss For Beginners
  - Chapter 3: Weight Loss For Beginners in Everyday Life
  - Chapter 4: Weight Loss For Beginners in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Weight Loss For Beginners. The first chapter will explore what Weight Loss For Beginners is, why Weight Loss For Beginners is vital, and how to effectively learn about Weight Loss For Beginners.
3. In chapter 2, the author will delve into the foundational concepts of Weight Loss For Beginners. The second chapter will elucidate the essential principles that must be understood to grasp Weight Loss For Beginners in its entirety.
4. In chapter 3, this book will examine the practical applications of Weight Loss For Beginners in daily life. The third chapter will showcase real-world examples of how Weight Loss For Beginners can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Weight Loss For Beginners in specific contexts. This chapter will explore how Weight Loss For Beginners is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Weight Loss For Beginners. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Weight Loss For Beginners.

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