

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 Seilmaier



Weight Loss For Beginners:

This book delves into Weight Loss For Beginners. Weight Loss For Beginners is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. The 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, this book 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. This chapter will showcase real-world examples of how Weight Loss For Beginners can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Weight Loss For Beginners in specific contexts. The fourth chapter will explore how Weight Loss For Beginners is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Weight Loss For Beginners. This chapter will summarize the key points that have been discussed throughout the book.

This 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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