

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

Zhe Xu



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