

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

IM Harris



Weight Loss For Beginners:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Weight Loss For Beginners**

In a global inundated with displays and the cacophony of fast connection, the profound energy and psychological resonance of verbal artistry usually disappear in to obscurity, eclipsed by the constant barrage of sound and distractions. However, located within the musical pages of **Weight Loss For Beginners**, a captivating function of literary beauty that impulses with organic thoughts, lies an unique trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that exciting opus guides readers on a mental odyssey, lightly exposing the latent possible and profound affect embedded within the intricate internet of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is main subjects, dissect their captivating writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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