

# **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

**Yicheng Fang**



## **Weight Loss For Beginners:**

## Decoding **Weight Loss For Beginners**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Weight Loss For Beginners**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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