

Total Body Makeover for Beginners

Monday

15 squats x 3
15 knee push-ups x 3
12 triceps dips x 3
30 step-ups x 3
16 backward lunges
(8 each leg) x 3
12 overhead triceps
extensions x 3

Wednesday

ABS

20 Russian twists x 3
30-second planks x 3
20 leg raises x 3

CARDIO WORKOUT

Walk outside or on the
treadmill for 40 minutes,
at a brisk pace

Friday

16 forward lunges (6 each leg)
x3
15 dumbbell hammer curls x3
15 glute bridges x3
15 bicep curls x3
15 dumbbell rows x3
15 stiff leg deadlifts x3

Tuesday

16 forward lunges (8
each leg) x 3
15 dumbbell hammer
curls x 3
15 glute bridges x 3
15 bicep curls x 3
15 dumbbell rows x 3
15 stiff leg deadlifts x 3

Thursday

15 squats x 3
15 knee push-ups x 3
12 triceps dips x3
30 step ups x3
16 backward lunges (8
each leg) x3
12 overhead triceps
extension x3

Saturday

30- 45 minutes minute
walking (low-intensity
steady state cardio)

Sunday

Rest

Weight Loss For Beginners

Julia Schneider



Weight Loss For Beginners:

Whispering the Techniques of Language: An Mental Journey through **Weight Loss For Beginners**

In a digitally-driven world wherever displays reign great and instant connection drowns out the subtleties of language, the profound techniques and psychological subtleties hidden within words frequently go unheard. However, situated within the pages of **Weight Loss For Beginners** a fascinating fictional prize pulsing with natural feelings, lies an exceptional journey waiting to be undertaken. Written by a talented wordsmith, that enchanting opus attracts visitors on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the fabric of each and every word. Within the emotional depths with this poignant evaluation, we will embark upon a genuine exploration of the book is primary subjects, dissect its fascinating publishing style, and fail to the strong resonance it evokes heavy within the recesses of readers hearts.

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