

# **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

**Richard Bailey**



## **Weight Loss For Beginners:**

*Omad: The Ultimate Beginners Guide to Weight Loss and Better Health (The Powerful Tool of Intermittent Fasting for Modulating Your Body's Performance)* Kyle Tarbell, 101-01-01 This book delves deep into the science behind intermittent fasting and the OMAD approach explaining how it can be a powerful tool for improving your overall health and wellbeing In this book you ll learn how OMAD fasting can help you lose weight boost your energy levels and improve your mental clarity You ll also discover how it can help you lower your risk of chronic diseases like heart disease diabetes and even cancer This is the ultimate guide for anyone looking to incorporate intermittent fasting into their lifestyle In this book you ll learn The core principles and potential benefits of the OMAD diet along with its challenges Why traditional OMAD may not be ideal for everyone and how to make modifications for success How to customize OMAD for specific lifestyle needs whether you re a student a parent or a retiree Effective strategies for including small snacks and staying hydrated without compromising the OMAD approach This cookbook makes the journey easier providing everything you need to make OMAD a sustainable and enjoyable part of your daily routine Whether you re a seasoned OMAD practitioner or just starting out Cookbook is your essential companion to mastering the art of eating once a day without sacrificing flavor nutrition or satisfaction

Carnivore diet: The #1 Beginners Guide to Weight loss, Increase Focus, Energy, Fight High Blood Pressure, Diabetes or Heal Digestive System. Becky Parker, 2019-05-18 The carnivore diet has taken the world by storm In a world that is full of diet plans everywhere that you turn it can get confusing to know which one is the right choice for you and which one is actually going to work well for your needs But unlike the other diet plans that you may or may not have tried in the past the carnivore diet is simple and it actually works If you are looking for a new type of diet plan that will not only jump start your weight loss goals with immediate results but will also provide you with a blueprint for a healthier overall way of life then the carnivore diet is the diet for you Keto Diet For Beginners: Achieve Rapid Weight Loss and Burn Fat Forever in Just 21 Days with the Ketogenic Diet - Lose Up to 21 Pounds in 3 Weeks Tyler MacDonald, Are you finally ready to change the way you eat once and for all Are you tired of being bombarded by all these new diet fads that simply don t work Have you tried losing weight before but gave up because you didn t achieve any results That s where this book and the Ketogenic diet come into play With this book you will learn everything that you need to know to start a Ketogenic diet and lose weight for good If you scour the internet you will find a lot of different conflicting information on the keto diet Some say it s terrible some are lukewarm about it and others believe it is the best weight loss plan ever Those who ve tried it know the truth though I am sure that once you read this book you will see exactly what everyone is buzzing about In this book you will learn How to start a ketogenic diet A meal plan to help you lose 21 pounds in 21 days What ketosis is and why it s so important Lots of recipes so that you never go hungry The different ketogenic plans The side effects that can happen What you can eat And much more The Ketogenic diet is more than a weight loss plan It s a way of life that brings so many more benefits than other weight loss

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*Keto Diet For Beginners* Evans Acquah ,2021-05-21 The aim of this book is to help you start your keto journey with a healthy and actionable guide

including a two week meal plan and delicious practical easy to prepare recipes We ve made this guide straightforward and easy to follow because you ll be more likely to stick to healthy diet if it s simple and provides fast and noticeable results The chapters will explain what a keto diet is how to transition your diet and daily eating patterns to one that uses stored fats as its primary fuel source and the changes you may see when your body s chemistry is changed to use stored fats as its primary fuel source

The Complete Keto Diet For Beginners Michael Crow,2018-09-09 The Complete Keto Diet For Beginners A Simple Ketogenic Diet Approach for Rapid Weight loss Plus Keto Diet Meal Plan 2nd Edition is aimed at ensuring that you eat healthily and lose weight without any form of exercise Today the Ketogenic diet has become one of the most potent tools for rapid weight loss If you need a complete beginners guide in the Ketogenic diet then you have found the right tool If you are a seasoned dieter then you can find great guide in this book The recipes in this book are simple to follow and every easy to prepare It was done carefully to ensure that you can eat different recipes and never get bored With this Keto diet book weight loss is easily attainable Benefits of Ketogenic Diet are Increase Mental focus Power and agility control skin disorder However when you follow the diet in this book the amazing things you will discover are Why you must have a keto diet plan Shopping tips for Your Ketogenic diet items The type of Ketogenic diet you can adopt for your keto diet weight loss plan Flexible exercise scheme for Keto diet How to enter Ketosis very fast How to achieve Ketosis without struggle How to maintain Ketosis How to know if you have entered ketosis and the measurement of ketosis All that you need to know as a beginner about Ketogenic Diet Food to eat and food not to eat on a Ketogenic Diet Important Ketogenic Diet mistakes to Avoid The SECOND EDITION of this Ketogenic diet book The Complete Keto Diet For Beginners A Simple Ketogenic Diet Approach for Rapid Weight loss Plus Keto Diet Meal Plan has added A 14 days Ketogenic diet for beginners Keto diet Desserts Keto diet staples and apps Keto Snacks Ketogenic diet Smoothies etc What are you waiting for get this book now

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