

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

KJ Lindholm-Leary



Weight Loss For Beginners:

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

In a global inundated with monitors and the cacophony of immediate interaction, the profound power and mental resonance of verbal art usually disappear in to obscurity, eclipsed by the constant assault of noise and distractions. Yet, located within the lyrical pages of **Weight Loss For Beginners**, a fascinating work of literary elegance that pulses with natural thoughts, lies an remarkable trip waiting to be embarked upon. Written with a virtuoso wordsmith, that exciting opus courses readers on a psychological odyssey, delicately revealing the latent possible and profound impact embedded within the complex web of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is key styles, dissect their fascinating writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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