

# **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

**Michael Crow**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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