

# 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

**Shu Chen Hou**



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