

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



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

plans While you may find it difficult when you start the diet it does get easier The payoff is worth the effort Don t wait any longer Scroll up and click the Buy Now button and get started with this amazing new diet lifestyle today The new YOU is waiting **Step By Step Fat Loss For Beginners** Kelly Ferguson, With all the conflicting information about the best way to diet and exercise for weight loss it can be difficult for beginners to figure out how to get started Former fat kid turned personal trainer Kelly Ferguson shares her back to basics no gimmicks approach to weight loss that has helped her clients as well as herself lose weight and keep it off for life **ZERO POINT WEIGHT LOSS COOKBOOK FOR BEGINNERS**

Deborah Hoglund,2025-03-23 Finally get rid of the fat Do you want to lose weight Are you tired of counting calories in food before eating With this book you have chosen a diet that is guaranteed to help you reach your weight loss goals quickly The zero point weight loss diet will help you lose excess pounds quickly You will feel much fitter because your body will be freed of many harmful toxins Excessive love handles not only limit our quality of life in everyday life but are also a real health risk in the long term I will show you how to combine the most modern and effective weight loss techniques the increasingly popular weight watchers diet and the currently much discussed metabolism acceleration with the right physical exercise and many other tried and tested tips for weight reduction This is a quick and easy way to reach your ideal weight Instead of the yo yo effect you will finally feel good in your own skin again in the long term even when you go to the outdoor pool or the beach in summer and you can show yourself there scantily clad without being shy Everyday errands will be easier for you again and you will generally go through life with more energy more motivation and more joy You will receive admiring glances as you walk through town and you will probably receive a lot of compliments on your slim appearance Do something good for yourself and decide today here and now to work on your vitality your fitness and your attractiveness This guide answers all important questions What is a zero point weight diet and how does this type of diet work Which foods are suitable for a zero point weight diet What is meant by metabolic acceleration Which diet speeds up our metabolism How much exercise and sport do I really need to lose weight How do I motivate myself to stick with it in the long term Which useful apps can help me lose weight **BONUS** Lots of delicious recipes to try out and cook And much more Believe me I went down the same path as you and now feel much fitter and more balanced The only difference is that I first had to research all the information combined and condensed in this book myself and put it into a functioning context To save you this effort and instead lead you directly to your dream body I invite you to give the tried and tested tips and tricks a chance and start a slim future today Use this compact guide to your advantage and secure the joyful and exhilarating life you dream of within just a few weeks You deserve it So scroll up now and click on the BUY NOW button **The Ketogenic Kitchen-A Beginner's Guide to Rapid Weight Loss and Improved Health** Shu Chen Hou, **Ketogenic Diet for Beginners: The Essential Keto Guide to Rapid Weight Loss! Using Intermittent Fasting, Low Carb Recipes, Vegan & Vegetarian Techniques, And a Low Budget 7 Day Meal Plan.** Emily Costa,2022-05-04 Unlock Rapid Weight Loss with the Ketogenic

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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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