

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

Peipei Pang



Weight Loss For Beginners:

Adopting the Beat of Appearance: An Emotional Symphony within **Weight Loss For Beginners**

In a world eaten by displays and the ceaseless chatter of quick interaction, the melodic beauty and mental symphony produced by the published word usually diminish into the background, eclipsed by the constant sound and distractions that permeate our lives. However, set within the pages of **Weight Loss For Beginners** a wonderful fictional value brimming with organic emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this charming masterpiece conducts visitors on an emotional trip, skillfully unraveling the hidden tunes and profound impact resonating within each carefully constructed phrase. Within the depths with this emotional review, we can investigate the book's main harmonies, analyze its enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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