

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

Becky Parker

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.

Weight Loss For Beginners:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Weight Loss For Beginners**

In some sort of inundated with monitors and the cacophony of immediate transmission, the profound power and psychological resonance of verbal beauty often fade in to obscurity, eclipsed by the continuous onslaught of noise and distractions. However, set within the lyrical pages of **Weight Loss For Beginners**, a interesting perform of literary splendor that impulses with organic thoughts, lies an remarkable trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that enchanting opus courses readers on an emotional odyssey, gently exposing the latent potential and profound influence embedded within the complicated internet of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is key subjects, dissect their fascinating publishing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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