

30 DAY WEIGHT LOSS CHALLENGE FOR BEGINNERS

Week 1

Monday

**12 squats x3
12 push-ups (on the knees) x3
10 triceps dips x3
20 step-ups x3
12 backward lunges (6 each leg)
x3
10 dumbbell overhead triceps
extension x3**

Wednesday

**Cardio workout- walk outside
or on the treadmill for 40
minutes, at a brisk pace.
Fat Burning Abs Workout
20 Russian twists x 3
30-second plank hold x3
20 leg raises x3**

Friday

**12 forward lunges (6 each leg) x3
12 dumbbell hammer curls x3
12 glute bridges x3
12 bicep curls x3
12 dumbbell rows x3
12 stiff leg deadlifts x3**

Tuesday

**12 forward lunges (6 each leg)
x3
12 dumbbell hammer curls x 3
12 glute bridges x3
12 bicep curls x 3
12 dumbbell rows x3
12 stiff leg deadlifts x3**

Thursday

**12 squats x 3
12 push-ups (on the knees) x 3
10 triceps dips x3
20 step-ups x 3
12 backward lunges (6 each leg)
x3
10 dumbbell overhead triceps
extension x3**

Saturday

Rest

Sunday

Rest

Weight Loss Plan Viral Challenge Review

Yi-Tong Ma

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name bar.

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Michał Tomczyk, Marcello Locatelli, Sebastian Granica, 2022-01-31 Discovering Nutrition Dr. Paul Insel, Kimberley McMahon, Melissa Bernstein, 2025-05-13 Incorporating the latest research and dietary guidelines

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Nutrition Abstracts and Reviews ,1999 **Coronavirus Disease (COVID-19): Diet, Inflammation and Nutritional Status** Ioannis Zabetakis, Christophe Matthys, Alexandros Tsoupras, 2021-11-02 *Index Medicus* ,2003-07 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings *Emerging Infectious Diseases* ,2002 **The Lancet** ,2004 *Annual Review of Nutrition* ,1985 **The American Catholic Quarterly Review** James Andrew Corcoran, Patrick John Ryan, Edmond Francis Prendergast, 1892 *The American Catholic Quarterly Review ...* ,1892 Annual Report University of Minnesota. Avian Research Center, 1993 **Bibliography of Agriculture** ,1992-04 **Critical Reviews in Oncogenesis** ,1989 *Bibliography of Agriculture with Subject Index* ,1991 The Journal of the American Osteopathic Association ,2001 Journal of Food Protection ,1990 *Agrindex* ,1995 **Critical Reviews in Microbiology** ,1982 **Bacteriological Reviews** ,1972 **The Australian Journal of Science** ,1964

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