

# LOST WEIGHT WITHIN

## ○○○ 3 WEEKS ○○○

### 1ST WEEK

#### Day 1

5 Rolls Up  
5 Ankle Reach  
5 Leg Lifts

#### Day 2

5 Rolls Up  
5 Ankle Reach  
5 Leg Lifts

#### Day 3

5 Rolls Up  
5 Ankle Reach  
5 Leg Lifts

#### Day 4

5 Rolls Up  
5 Ankle Reach  
5 Leg Lifts

#### Day 5

5 Rolls Up  
5 Ankle Reach  
5 Leg Lifts

### 2ND WEEK

#### Day 1

10 Push Up  
10 sec. Plank  
10 sec. Crunch

#### Day 2

10 Push Up  
10 sec. Plank  
10 sec. Crunch

#### Day 3

10 Push Up  
10 sec. Plank  
10 sec. Crunch

#### Day 4

10 Push Up  
10 sec. Plank  
10 sec. Crunch

#### Day 5

10 Push Up  
10 sec. Plank  
10 sec. Crunch

### 3RD WEEK

#### Day 1

10 Leg Raises  
10 Crunches  
5 Min Run

#### Day 2

10 Leg Raises  
10 Crunches  
5 Min Run

#### Day 3

10 Leg Raises  
10 Crunches  
5 Min Run

#### Day 4

10 Leg Raises  
10 Crunches  
5 Min Run

#### Day 5

10 Leg Raises  
10 Crunches  
5 Min Run

# Weight Loss Plan Nfl Schedule Price

**D Siedentop**



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