

# *Repeatable* **WEEKLY WORKOUT**

## **"THE ROUTINE"**

5 tricep dips • 10 lunges (each leg)  
10 push ups • 10 squats  
15 sit-ups/ab exercise • 20 jumping jacks

### **DAY 1 – LEGS**

- Routine x2
- 25 squats
- 25 sumo squats
- Routine x2
- REPEAT SQUAT EXERCISES\*
- Routine x2
- March in place 20 seconds
- Stretch all muscle groups and relax

### **DAY 2 – ABS**

- ROUTINE x2
- 50 standing oblique twists
- 30 second floor plank
- ROUTINE x2
- REPEAT AB EXERCISES\*
- Routine x2
- March in place 20 seconds
- Stretch and relax

### **DAY 3 – ARMS**

- ROUTINE x2
- 20 Push ups
- 10 wall tricep pushes
- ROUTINE x2
- REPEAT AB EXERCISES
- \*Routine x2
- March in place 20 seconds
- Stretch and relax

### **DAY 4 – CARDIO**

- ROUTINE x2
- 100 jumping jacks
- 30 second in-place sprint
- ROUTINE x2
- REPEAT CARDIO EXERCISES
- \*Routine x2
- March in place 20 seconds
- Stretch and relax

### **DAY 5 – COMBO**

- ROUTINE x2
- 20 squats/20 sumo squats
- 30 standing oblique twists
- ROUTINE x2
- 20 push-ups
- 50 jumping jacks
- Routine x2
- March in place 20 seconds
- Stretch and relax

### **DAY 6 – YOUR CHOICE**

**CHOOSE FROM DAYS 1-5  
FOR TODAY'S WORKOUT!**

Whats your problem area?

**–LEGS – ABS–  
–ARMS – CARDIO–**

## **DAY 7 – REST AND RELAX**

# Nfl Schedule Weight Loss Plan Tricks

**Robert R. Redfield**



## **Nfl Schedule Weight Loss Plan Tricks:**

**Pediatric Obesity: A Focus on Treatment Options** Fatima Cody Stanford, Angela K. Fitch, 2019-08-15      **The All-Pro Diet** Tony Gonzalez, Mitzi Dulan, 2009-08-18 A perennial Pro Bowler NFL tight end Tony Gonzalez has been an unstoppable force for all of his 12 years in the NFL But for a long time he ate like an average American red meat pizza fast food whatever was plentiful and convenient Concerned about his long term post career health Tony decided to change his diet With the help of Mitzi Dulan nutritionist for the Kansas City Chiefs and the Kansas City Royals Tony embarked on a revolutionary new clean eating and exercise regimen that changed his life elevated his physical and mental performance and resulted in dramatic measurable improvements on and off the field It was this dietary change that led him to break two NFL records most touchdowns and receptions by any tight end in NFL history in a single season Now in *The All Pro Diet* Gonzalez reveals the program low in animal protein and high in whole organic plant based and unprocessed foods that has given him more strength stamina and energy than ever before The first ever diet and fitness plan from an NFL player this book will show you how to make simple lifestyle changes and dietary adjustments so you can feel stronger healthier and more energetic than ever before The All Pro Diet includes Meal plans designed to take the guesswork out of making smart food choices An array of delicious and wholesome recipes for every meal Tony s Ultimate Fitness Program no weight machines required The 8 Point Plan of Attack for achieving the All Pro Mindset You don t have to be a pro player to get the insider nutrition advice The All Pro Diet is an eating plan for anyone who wants to live a longer healthier life Get started today      **5 a Day for Better Health Program** ,2001      ZDNet Software Library 10,000 Preston Gralla, 1997 The ZDNet Software archive is one of the premier storage lots of quality shareware on the Internet today Contained in the archive are over 10 000 pieces of software and unlike competing directories these items are reviewed by the editors of ZDNet The two CD ROMS have a custom interface designed by ZDNet featuring live links to the Internet      **eBay Top 100 Simplified Tips & Tricks** Julia Wilkinson, 2005-04-01 Providing adventurous users with 100 useful and surprising techniques this book is the ideal resource to help readers become even more profitable users of eBay the world s largest online marketplace Organized into ten chapters with ten tasks per chapter this book provides the timesaving tips cool secrets and insider tricks to help take readers knowledge of eBay beyond the basics Readers discover how to take better pictures to help sell items write stellar marketing copy to get those items sold faster and decrease questions from bidders and find out the best time to start and end an auction to guarantee success      **Men's Health Today 1999** Michael Lafavore, 1999      *Jet* ,1990      **Scholastic Coach** ,1988      The Video Source Book David J. WEINER, 1990      **Lose Your Gut Now!** K. Winston Caine, 2000      USA Today Index ,1995      *Dictionary of the French and English Languages* Ferdinand E. A. Gasc, 1876      Bowker's Complete Video Directory ,2000      **Billboard** ,2001-05-19 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers

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