

EFFICIENT FITNESS WEIGHT LOSS PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cardio	Strength	Cardio	Strength	Cardio
	Treadmill	Upper body	Elliptical	Lower body	Treadmill
	30 minutes	45 minutes	40 minutes	45 minutes	30 minutes
	Moderate pace	Light weights	High intensity	Heavy weights	Moderate pace
Afternoon	Yoga	Stretching	Yoga	Stretching	Yoga
	45 minutes	30 minutes	45 minutes	30 minutes	45 minutes
	Relaxing poses	Flexibility	Relaxing poses	Flexibility	Relaxing poses
Evening	Rest	Rest	Rest	Rest	Rest

Weight Loss Plan Today Login

Mark Steyvers



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