

90-Day Exercise Plan

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-----------------------------------|--|-----------------------------------|--|-----------------------------------|--|---------|
| Week 1 | 20-30 minutes Aerobic Activity | Strength Training Focus on Lower Body | 20-30 minutes Aerobic Activity | Strength Training Focus on Upper Body | 20-30 minutes Aerobic Activity | Core Strength Training Abs and Back | Day Off |
| Week 2 | 20-30 minutes Aerobic Activity | Strength Training Focus on Lower Body | 20-30 minutes Aerobic Activity | Strength Training Focus on Upper Body | 20-30 minutes Aerobic Activity | Core Strength Training Abs and Back | Day Off |
| Week 3 | 20-30 minutes Aerobic Activity | Strength Training Focus on Lower Body | 20-30 minutes Aerobic Activity | Strength Training Focus on Upper Body | 20-30 minutes Aerobic Activity | Core Strength Training Abs and Back | Day Off |
| Week 4 | 20-30 minutes Aerobic Activity | Strength Training Focus on Lower Body | 20-30 minutes Aerobic Activity | Strength Training Focus on Upper Body | 20-30 minutes Aerobic Activity | Core Strength Training Abs and Back | Day Off |
| Week 5 | 20-30 minutes Aerobic Activity | Strength Training Focus on Lower Body | 20-30 minutes Aerobic Activity | Strength Training Focus on Upper Body | 20-30 minutes Aerobic Activity | Core Strength Training Abs and Back | Day Off |
| Week 6 | 20-30 minutes Aerobic Activity | Strength Training Focus on Lower Body | 20-30 minutes Aerobic Activity | Strength Training Focus on Upper Body | 20-30 minutes Aerobic Activity | Core Strength Training Abs and Back | Day Off |
| Week 7 | 20-30 minutes Aerobic Activity | Strength Training Focus on Lower Body | 20-30 minutes Aerobic Activity | Strength Training Focus on Upper Body | 20-30 minutes Aerobic Activity | Core Strength Training Abs and Back | Day Off |
| Week 8 | 20-30 minutes Aerobic Activity | Strength Training Focus on Lower Body | 20-30 minutes Aerobic Activity | Strength Training Focus on Upper Body | 20-30 minutes Aerobic Activity | Core Strength Training Abs and Back | Day Off |
| Week 9 | 20-30 minutes Aerobic Activity | Strength Training Focus on Lower Body | 20-30 minutes Aerobic Activity | Strength Training Focus on Upper Body | 20-30 minutes Aerobic Activity | Core Strength Training Abs and Back | Day Off |
| Week 10 | 20-30 minutes Aerobic Activity | Strength Training Focus on Lower Body | 20-30 minutes Aerobic Activity | Strength Training Focus on Upper Body | 20-30 minutes Aerobic Activity | Core Strength Training Abs and Back | Day Off |
| Week 11 | 20-30 minutes Aerobic Activity | Strength Training Focus on Lower Body | 20-30 minutes Aerobic Activity | Strength Training Focus on Upper Body | 20-30 minutes Aerobic Activity | Core Strength Training Abs and Back | Day Off |
| Week 12 | 20-30 minutes Aerobic Activity | Strength Training Focus on Lower Body | 20-30 minutes Aerobic Activity | Strength Training Focus on Upper Body | 20-30 minutes Aerobic Activity | Core Strength Training Abs and Back | Day Off |

Weight Loss Plan Last 90 Days

Barbara Acello



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