

30-day Workout Plan to Lose Weight

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MONDAY

- 15 squats x 3
- 15 knee push-ups x 3
- 12 triceps dips x 3
- 30 step-ups x 3
- 16 backward lunges (8 each leg) x 3
- 12 overhead triceps extensions x 3

WEDNESDAY

- ABS FITNESSCHAT.CO
- 20 Russian twists x 3
- 30-second planks x 3
- 20 leg raises x 3
- CARDIO WORKOUT
- Walk outside or on the treadmill for 40 minutes, at a brisk pace

FRIDAY

- 16 forward lunges (6 each leg) x3
- 15 dumbbell hammer curls x3
- 15 glute bridges x3
- 15 bicep curls x3
- 15 dumbbell rows x3
- 15 stiff leg deadlifts x3

TUESDAY

- 16 forward lunges (8 each leg) x 3
- 15 dumbbell hammer curls x 3
- 15 glute bridges x 3
- 15 bicep curls x 3
- 15 dumbbell rows x 3
- 15 stiff leg deadlifts x 3

THURSDAY

- 15 squats x 3
- 15 knee push-ups x 3
- 12 triceps dips x3
- 30 step ups x3
- 16 backward lunges (8 each leg) x3
- 12 overhead triceps extension x3

SATURDAY

- 30- 45 minutes minute walking (low-intensity steady-state cardio)

SUNDAY

Rest

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Weight Loss Plan Black Friday Ideas

ML Yell



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