

# 1 Month Workout Calendar

BY EMI WONG



SCORE:  REPS

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	10 min Benchmark Workout	10 min Abs 10 min HIIT*	30-40 min LISS* / AR*	10-20 min Legs	10 min Abs 10 min Arms	10 min Back 10 min HIIT*	Rest
WEEK 2	15-20 min HIIT*	10 min Abs 10 min Small Waist	30-40 min LISS* / AR*	10 min Thighs 5-10 min HIIT*	10 min Arms 10 min Lower Abs	15-20 min Abs + Cardio / HIIT*	Rest
WEEK 3	20-30 min HIIT*	10-20 min Abs / Small Waist	30-40 min LISS* / AR*	10 min Legs 8-10 min Abs	10-20 min Arms	10 min Back 10-15 min HIIT*	Rest
WEEK 4	20-30 min HIIT*	10 min Lower Abs 15 min HIIT*	30-40 min LISS* / AR*	10 min Legs 10 min Thighs	10 min Abs 10 min Arms	15-30 min HIIT*	Rest

WEEK 1

10 min Benchmark Workout

\*HIIT = Full body interval training  
 \*LISS = Low intensity steady state (e.g. slow jog, aqua jogging and etc)  
 \*AR = Active recovery (e.g. walking / yoga / stretching / foam & mobility of your body)

SCORE:  REPS

Remember your goal. No pain no gain.

# Weight Loss Plan This Month Open Now

**Kathleen Armour**



**Weight Loss Plan This Month Open Now:**

The book delves into Weight Loss Plan This Month Open Now. Weight Loss Plan This Month Open Now is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Weight Loss Plan This Month Open Now, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Weight Loss Plan This Month Open Now
    - Chapter 2: Essential Elements of Weight Loss Plan This Month Open Now
    - Chapter 3: Weight Loss Plan This Month Open Now in Everyday Life
    - Chapter 4: Weight Loss Plan This Month Open Now in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, the author will provide an overview of Weight Loss Plan This Month Open Now. This chapter will explore what Weight Loss Plan This Month Open Now is, why Weight Loss Plan This Month Open Now is vital, and how to effectively learn about Weight Loss Plan This Month Open Now.
  3. In chapter 2, this book will delve into the foundational concepts of Weight Loss Plan This Month Open Now. The second chapter will elucidate the essential principles that must be understood to grasp Weight Loss Plan This Month Open Now in its entirety.
  4. In chapter 3, the author will examine the practical applications of Weight Loss Plan This Month Open Now in daily life. This chapter will showcase real-world examples of how Weight Loss Plan This Month Open Now can be effectively utilized in everyday scenarios.
  5. In chapter 4, this book will scrutinize the relevance of Weight Loss Plan This Month Open Now in specific contexts. This chapter will explore how Weight Loss Plan This Month Open Now is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, this book will draw a conclusion about Weight Loss Plan This Month Open Now. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Weight Loss Plan This Month Open Now.

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