

# EFFICIENT FITNESS WEIGHT LOSS PLAN

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning</b>	<b>Cardio</b>	<b>Strength</b>	<b>Cardio</b>	<b>Strength</b>	<b>Cardio</b>
	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
<b>Afternoon</b>	<b>Yoga</b>	<b>Stretching</b>	<b>Yoga</b>	<b>Stretching</b>	<b>Yoga</b>
	45 minutes	30 minutes	45 minutes	30 minutes	45 minutes
	Relaxing poses	Flexibility	Relaxing poses	Flexibility	Relaxing poses
<b>Evening</b>	<b>Rest</b>	<b>Rest</b>	<b>Rest</b>	<b>Rest</b>	<b>Rest</b>

# Weight Loss Plan Today Login

**AW Rasmussen**



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web to defend to show to be correct two or more figures with the same side and angle measures cpctc if two figures are congruent then the corresponding of the congruent figures are congruent for triangles corresponding parts of congruent triangles are congruent use tick marks and arcs to indicate the remaining corresponding congruent parts e

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web what does cpctc stand for corresponding parts of congruent triangles are congruent ok but what does that mean it means that if two triangles are known to be congruent then all corresponding angles sides are also congruent as an example if 2 triangles are congruent by sss then we also know that the angles of 2 triangles are

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