

PLAN: LOSE 20+ LBS

PRINT THIS OUT TO KEEP TRACK OF YOUR WORKOUT PLAN AND CHECK OFF THE DAYS AS YOU COMPLETE THEM!

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---|---|---|---|---|---|
| WEEK 1 | <input type="checkbox"/> REST Weigh-in: _____ | <input type="checkbox"/> Workout: Bodyweight Exercises (2 sets, 12 reps per set) | <input type="checkbox"/> REST | <input type="checkbox"/> Cardio: Endurance (30 to 35 minutes) | <input type="checkbox"/> Workout: Bodyweight Exercises (2 sets, 12 reps per set) | <input type="checkbox"/> REST | <input type="checkbox"/> Cardio: Endurance (30 to 35 minutes) |
| WEEK 2 | <input type="checkbox"/> REST Weigh-in: _____ | <input type="checkbox"/> Workout: Bodyweight Exercises (2 sets, 13 reps per set) | <input type="checkbox"/> REST | <input type="checkbox"/> Cardio: Endurance (35 to 40 minutes) | <input type="checkbox"/> Workout: Bodyweight Exercises (2 sets, 13 reps per set) | <input type="checkbox"/> REST | <input type="checkbox"/> Cardio: Endurance (35 to 40 minutes) |
| WEEK 3 | <input type="checkbox"/> Cardio: Endurance (40 to 45 minutes) Weigh-in: _____ | <input type="checkbox"/> Workout: Bodyweight Exercises (2 sets, 14 reps per set) | <input type="checkbox"/> REST | <input type="checkbox"/> Workout: Bodyweight Exercises (2 sets, 14 reps per set) | <input type="checkbox"/> Cardio: Endurance (40 to 45 minutes) | <input type="checkbox"/> REST | <input type="checkbox"/> Workout: Bodyweight Exercises (2 sets, 14 reps per set) |
| WEEK 4 | <input type="checkbox"/> Cardio: Endurance (45 minutes) Weigh-in: _____ | <input type="checkbox"/> Workout: Bodyweight Exercises (2 sets, 15 reps per set) | <input type="checkbox"/> REST | <input type="checkbox"/> Workout: Bodyweight Exercises (2 sets, 15 reps per set) | <input type="checkbox"/> Cardio: Endurance (45 minutes) | <input type="checkbox"/> REST | <input type="checkbox"/> Workout: Bodyweight Exercises (2 sets, 15 reps per set) |

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