

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 HIIT using any circuit
 LISS = Low intensity steady state of low heart rate (jogging, swimming and etc)
 AR = Any cardio activity (running / yoga / dancing / sports & activity of your choice)

SCORE: REPS

Remember your goal. No pain no gain.

Weight Loss Plan This Month Open Now

William Rader



Weight Loss Plan This Month Open Now:

Overland Monthly Bret Harte,1913 *Diet and Health* Lulu Hunt Peters,1921 **The Overland Monthly** ,1913
Weekly World News ,2002-10-29 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www weeklyworldnews com is a leading entertainment news site **Monthly Bulletin** Indiana State Board of Health,1925 Dr. Rader's No-diet Program for Permanent Weight Loss William Rader,1981 *Open Door* ,1915 **The National Provisioner** ,1917 Vols for 1995 include an annual issue with title Sourcebook **Collier's** ,1929 **Hoosier Farmer** ,1921 *Weekly World News* ,2000-10-10 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www weeklyworldnews com is a leading entertainment news site *Overland Monthly, Devoted to the Development of the Country* ,1913 *Annual Report of the Proceedings of the Council* London County Council,1930 *Journal of the American Medical Association* ,1891 *The Boston Medical and Surgical Journal* ,1897 *Medical Record* George Frederick Shrady,Thomas Lathrop Stedman,1901 *Monthly Bulletin of the Department of Health in the City of New York* New York (N.Y.). Department of Health,1921 **The Bulletin** ,2004-05
The Delineator R. S. O'Loughlin,H. F. Montgomery,Charles Dwyer,1926 **The Popular Science Monthly** ,1918

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