

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)

Weight Loss Plan This Month

Julia Schneider



Weight Loss Plan This Month:

Weight Loss Plan This Month Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Weight Loss Plan This Month**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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