

3-MONTH WEIGHT-LOSS WORKOUT PLAN

WEEKS 1-3

MONDAY: LOWER BODY

CIRCUIT 1:

Plank: hold for 30 seconds
Glute bridge
Kettlebell deadlift

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

CIRCUIT 2:

Squats
Lunges

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

TUESDAY: HIIT CARDIO

Aim for 45 minutes to an hour of high-intensity intervals or intense cardio. Warm up with a 10-minute jog and cool down with some static stretching.

WEDNESDAY: FULL BODY

Hollow hold
Push press
Alternating reverse lunge
Twisting wood chops
Alternating lateral lunge

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

THURSDAY: CARDIO OR YOGA

Aim for 60 minutes of a steady-pace cardio and/or yoga.

FRIDAY: UPPER BODY

CIRCUIT 1:

TRX row
Single-arm chest press

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

CIRCUIT 2:

Single-arm bent-over row
Knee push-ups

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

CIRCUIT 3:

Dumbbell bicep curls
Triceps pushdown

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

[CLICK TO SEE THE FULL PLAN!](#)

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Ian Pickup



Weight Loss Plan This Month Login:

Weight Loss Plan This Month Login: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Weight Loss Plan This Month Login : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Weight Loss Plan This Month Login : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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