

FREE **GYM WORKOUT** **PLAN** **FOR WEIGHT LOSS**

Monday- Legs

10-minute treadmill warm-up
Romanian deadlift 12x4
Barbell back squat 12x4
Dumbbell lunges 12x3
Leg press 12x3
Goblet Squat 12x3
Barbell hip thrust 12x4
Standing calf raises 12x3
Cool down and stretch

Wednesday- Upper body

15-minute elliptical warm-up
Bench press 12x4
Triceps kickback 12x4
Cable bicep curl 12x3
Shoulder press 12x3
Bent over row 12x3
Triceps overhead extension
12x3
Standing dumbbell bicep curl
12x4
Cool down and stretch

Tuesday- Cardio

30-45 minutes of cardio at a moderate pace, keeping the heart rate between 65% -70% of maximum heart rate.
Good cardio options- cycling, elliptical, rowing, treadmill running/brisk walking, spinning.

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Thursday cardio +abs

30 mins rowing machine – alternate 1-minute hard rowing with 2 mins of easy to moderate rowing.

AB WORKOUT

Plank knee crosses 15x4
Captain's chair hanging leg raises 15x4
V- Ups 15x4
Crunches on exercise ball 15x4
Lying leg raises 15x4
Windshield wipers 15x4

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PLAN**

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Malia Frey



Weight Loss Plan Buy Online Setup:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Weight Loss Plan Buy Online Setup**

In a global inundated with screens and the cacophony of fast communication, the profound power and emotional resonance of verbal artistry usually diminish in to obscurity, eclipsed by the constant barrage of sound and distractions. Yet, situated within the lyrical pages of **Weight Loss Plan Buy Online Setup**, a fascinating work of literary beauty that impulses with fresh feelings, lies an unique trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, that interesting opus courses viewers on a mental odyssey, delicately exposing the latent possible and profound impact stuck within the intricate web of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is key subjects, dissect their interesting writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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