

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

# Weight Loss Plan This Month Tutorial

**Dallas Clouatre**

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, positioned to the right of the author's name.

## **Weight Loss Plan This Month Tutorial:**

## Adopting the Melody of Term: An Psychological Symphony within **Weight Loss Plan This Month Tutorial**

In some sort of used by screens and the ceaseless chatter of instant conversation, the melodic splendor and mental symphony produced by the prepared term often disappear into the backdrop, eclipsed by the persistent sound and disruptions that permeate our lives. Nevertheless, set within the pages of **Weight Loss Plan This Month Tutorial** a marvelous literary value brimming with organic thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this interesting masterpiece conducts readers on an emotional journey, skillfully unraveling the hidden tunes and profound affect resonating within each cautiously constructed phrase. Within the depths of the touching evaluation, we shall investigate the book is key harmonies, analyze their enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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