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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEKI	REST Weigh-in:	Workout: Bodyweight Exercises (2 sets, 12	REST	Cardio: Endurance (30 to 35 minutes)	Workout: Bodyweight Exercises (2 sets, 12	REST	Cardio: Endurance (30 to 35 minutes)
WEEK2	REST Weigh-in:	Workout: Bodyweight Exercises (2 sets, 13 reps per set)	REST	Cardio: Endurance (35 to 40 minutes)	Workout: Bodyweight Exercises (2 sets, 13 reps per set)	REST	Cardio: Endurance (35 to 40 minutes)
WEEK 3	Cardio: Endurance (40 to 45 minutes) Weigh-in:	Workout: Bodyweight Exercises (2 sets, 14 reps per set)	REST	Workout: Bodyweight Exercises (2 sets, 14 reps per set)	Cardio: Endurance (40 to 45 minutes)	REST	Workout: Bodyweight Exercises (2 sets, 14 reps per set)
WEEK 4	Cardio: Endurance (45 minutes) Weigh-in:	Workout: Bodyweight Exercises (2 sets, 15 reps per set)	REST	Workout: Bodyweight Exercises (2 sets, 15 reps per set)	Cardio: Endurance (45 minutes)	REST	Workout: Bodyweight Exercises (2 sets, 15 reps per set)

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**Richard Bailey** 

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