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	
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:	Eversions		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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J Rink

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