



30 DAY WEIGHT LOSS CHALLENGE AND TIPS FOR BEGINNERS

WEEK 1 CARDIO CONDITIONING

For beginners, cardio is the best place to start. It's recommended to go through 150 minutes' worth of cardio before per week.



DAY
2

Jumping Jacks (10 reps for 10 seconds)



Burpees (3 reps for 30 seconds)



Mountain Climbers (10 reps for 20 seconds)



Rest



Stairs (1-2 laps, up and down)



DAY
5

Treadmill (3 minutes, maximum speed 5 mph)



Jumping Jacks (15 reps, 30 seconds)



Burpees (5 reps for 1 minute)



Rest



Squat Thrust (30 seconds)



Jog in Place (30 seconds)



DAY
3

Jog in Place (5 reps for 1 minute)



Squat Thrust (20 seconds)



Rest



Criss-Cross Pickup (30 seconds)



Power Plank (20 seconds)



DAY
6

Jog in Place (1 minute)



Stairs (3 laps, up and down)



Rest



Treadmill (15 minutes, maximum speed 6.5 mph)

Rest



DAY
1

Warm up (Treadmill 3 minutes, maximum speed 6.5mph)



Jump rope (6 to 8 reps for 20 seconds)



Jumping Jacks (10 reps for 20 seconds)



Jog in Place (5 reps 20 seconds)



Rest



Treadmill (3-5 mph for 20 minutes)



DAY
4

Power Plank (30 seconds)



Rest

Mountain Climber (20 Seconds)



Jog in Place (20 seconds)

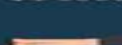


Stairs (2-3 laps, up and down)



DAY
7

Jump Rope (10 reps, 30 seconds)



Power Plank (30 seconds)



Rest



Treadmill (15 minutes, maximum speed 5 mph)

Squat Thrust (45 seconds)



SLIMMERS WORLD

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World Series Weight Loss Plan Tips

Jicheng Xie



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