

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	☐ REST Weigh-in: _____	☐ Workout: Bodyweight Exercises (2 sets, 12 reps per set)	☐ REST	☐ Cardio: Endurance (30 to 35 minutes)	☐ Workout: Bodyweight Exercises (2 sets, 12 reps per set)	☐ REST	☐ Cardio: Endurance (30 to 35 minutes)
WEEK 2	☐ 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)

Weight Loss Plan Box Office This Month

Ensheng Dong



Weight Loss Plan Box Office This Month:

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, **Weight Loss Plan Box Office This Month** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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web aug 10 2009 here s the 3 vacuum hoses you ll have near the battery fuse box the one toward the bottom of the picture goes to the intake manifold the other 2 at the top go toward the firewall which you can see in the 2nd picture

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web feb 6 2014 1 5 of 5 posts magnum488 2 feb 5 2014 if it just goes to the cruise control it won't hurt anything but the cruise won't work at the shop i work at we have some small diameter rubber vac hose to patch broken plastic lines we get some in that have snapped or melted and it works fine use just enough to hook the lines back together

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