

LOST WEIGHT WITHIN

○○○ 3 WEEKS ○○○

1ST WEEK

Day 1

5 Rolls Up
5 Ankle Reach
5 Leg Lifts

Day 2

5 Rolls Up
5 Ankle Reach
5 Leg Lifts

Day 3

5 Rolls Up
5 Ankle Reach
5 Leg Lifts

Day 4

5 Rolls Up
5 Ankle Reach
5 Leg Lifts

Day 5

5 Rolls Up
5 Ankle Reach
5 Leg Lifts

2ND WEEK

Day 1

10 Push Up
10 sec. Plank
10 sec. Crunch

Day 2

10 Push Up
10 sec. Plank
10 sec. Crunch

Day 3

10 Push Up
10 sec. Plank
10 sec. Crunch

Day 4

10 Push Up
10 sec. Plank
10 sec. Crunch

Day 5

10 Push Up
10 sec. Plank
10 sec. Crunch

3RD WEEK

Day 1

10 Leg Raises
10 Crunches
5 Min Run

Day 2

10 Leg Raises
10 Crunches
5 Min Run

Day 3

10 Leg Raises
10 Crunches
5 Min Run

Day 4

10 Leg Raises
10 Crunches
5 Min Run

Day 5

10 Leg Raises
10 Crunches
5 Min Run

Sat Practice Weight Loss Plan Top

Christian G. Meyer



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