

FREE **GYM WORKOUT** **PLAN** **FOR WEIGHT LOSS**

Monday- Legs

10-minute treadmill warm-up
Romanian deadlift 12x4
Barbell back squat 12x4
Dumbbell lunges 12x3
Leg press 12x3
Goblet Squat 12x3
Barbell hip thrust 12x4
Standing calf raises 12x3
Cool down and stretch

Wednesday- Upper body

15-minute elliptical warm-up
Bench press 12x4
Triceps kickback 12x4
Cable bicep curl 12x3
Shoulder press 12x3
Bent over row 12x3
Triceps overhead extension 12x3
Standing dumbbell bicep curl 12x4
Cool down and stretch

Tuesday- Cardio

30-45 minutes of cardio at a moderate pace, keeping the heart rate between 65% -70% of maximum heart rate.
Good cardio options- cycling, elliptical, rowing, treadmill running/brisk walking, spinning.

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Thursday cardio +abs

30 mins rowing machine – alternate 1-minute hard rowing with 2 mins of easy to moderate rowing.

AB WORKOUT

Plank knee crosses 15x4
Captain's chair hanging leg raises 15x4
V- Ups 15x4
Crunches on exercise ball 15x4
Lying leg raises 15x4
Windshield wipers 15x4

VISIT: FITNESSCHAT.CO FOR THE FULL PLAN

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Lose Pounds The Easy Way: A complete Diet And Weight Loss Guide: A Practical Guide On How To Lose Pounds - 2 In 1 Box Set Juliana Baldec, 2014-06-02 This compilation will give you some amazing insights into the wonderful world of Smoothies the healthy Smoothie lifestyle how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure a happier healthier You without being hungry all the time This compilation shows you a real approach to dieting the right and realistic way so that you will maximize your dieting results instead of going through the Yo Yo dieting effect that happens with almost all diets because most diets are based on unrealistic unnatural assumptions goals Juliana will show you how she did not only lose 20 pounds in 60 days and beat her nasty Asthma problem at the same time but she shows you how she was able to keep off her weight via the power of the smoothie lifestyle that is more an exciting way of life that everyone is able to follow even if you only have 5 minutes are very busy than a boring unrealistic diet that no one is able to maintain The outcome of the Smoothie Lifestyle a happy vitalized healthy lean clean healthy balanced YOU Most diets ask a lot of sacrifices from you but once you master the Smoothie lifestyle you ll appreciate what it does for your waistline very effective pound dropper your beauty very effective detox and your health very effective vitality energy booster Combining healthy smoothies blender recipes with your Diet that you can make with your favorite high speed blender or hand held mixer AKA Blender Bottle Nutribullet Ninja Vitamix or Omega is

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