

30 DAY WEIGHT LOSS CHALLENGE FOR BEGINNERS

Week 1

Monday

**12 squats x3
12 push-ups (on the knees) x3
10 triceps dips x3
20 step-ups x3
12 backward lunges (6 each leg)
x3
10 dumbbell overhead triceps
extension x3**

Wednesday

**Cardio workout- walk outside
or on the treadmill for 40
minutes, at a brisk pace.
Fat Burning Abs Workout
20 Russian twists x 3
30-second plank hold x3
20 leg raises x3**

Friday

**12 forward lunges (6 each leg) x3
12 dumbbell hammer curls x3
12 glute bridges x3
12 bicep curls x3
12 dumbbell rows x3
12 stiff leg deadlifts x3**

Tuesday

**12 forward lunges (6 each leg)
x3
12 dumbbell hammer curls x 3
12 glute bridges x3
12 bicep curls x 3
12 dumbbell rows x3
12 stiff leg deadlifts x3**

Thursday

**12 squats x 3
12 push-ups (on the knees) x 3
10 triceps dips x3
20 step-ups x 3
12 backward lunges (6 each leg)
x3
10 dumbbell overhead triceps
extension x3**

Saturday

Rest

Sunday

Rest

Weight Loss Plan Viral Challenge Latest

Henry Mallek



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The New Longevity Diet Henry Mallek,2001 A food based anti aging program draws on the power of twenty one little known but essential nutrients that can stop the aging process and promote healthy longevity to present a sensible and varied dietary approach The Ancestors Diet Case Adams,2024-01-06 The Ancestors Diet settles the debate regarding the foods the earliest humans ate and what our bodies were designed to eat with scientific rigor and practical wisdom drawing from evidence from over two thousand studies and research papers The evidence illustrates the diet humans were genetically and metabolically designed to eat also happens to be the healthiest most delicious and colorful diet along with being one of the least restrictive diets This diet also happens to be the best diet for our gut microbiome and the easiest way to lose weight and keep the weight off Included in the book are the surprising answers to gluten sensitivity dairy and other controversial food topics The Ancestors Diet is the diet scientifically proven to extend life and reduce the incidence of numerous conditions including heart disease diabetes arthritis asthma dementia digestive disorders liver diseases and strokes only to list a few What else would we expect from the diet our bodies were biologically designed to eat **Index Medicus** ,2001 **New insights into mucosal-associated lymphoid tissues in fish** Umasuthan Navaneethaiyer,Teruyuki Nakanishi,Samuel A. M. Martin,Javier Santander,2023-06-01 Dissertation Abstracts International ,2001 Federation Proceedings Federation of American Societies for Experimental Biology,1974 Vols for 1942 include proceedings of the American Physiological Society *Your Health* ,2005 **Food and Nutrition Quarterly Index** ,1987 *Inorganic Arsenic Compounds* R. J. Fielder,E. A. Dale,S. D. Williams,1986 *ICRDB Cancergram* ,1985 **Emerging Infectious Diseases** ,2002 **Journal of Food Protection** ,1990 Diet Analysis Gordon M. Wardlaw,Paul M. Insel,1992 *The Lancet* ,1957 Program and Abstracts of the Twenty-Sixth Interscience Conference on Antimicrobial Agents and Chemotherapy ,1986 *Advertising Law in the New Media Age* ,1999 **British Pharmacopoeia (Veterinary).** ,1999 **British Pharmacopoeia 2000** British Pharmacopoeia Commission,2000 This three volume collection with CD ROM contains the authoritative standard reference for medicines in the U K Provides information on the quality of substances used throughout medicine pharmaceuticals Includes British Pharmacopoeia Veterinary Recommended in ALA s Guide to Reference Books Walford s Guide to Reference Material **Program and Abstracts** ,1986 **Nutrition and the Developing Nervous System** Philip R. Dodge,Arthur L. Prensky,Ralph D. Feigin,1975

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