

weight loss **WORKOUT** **SCHEDULE**

MONDAY

Legs + Walk 10,000 Steps
Quad focused exercises

TUESDAY

Chest & Shoulders + Walk 10,000 Steps

WEDNESDAY

Back & Arms + Walk 10,000 Steps

THURSDAY

Legs + Walk 10,000 Steps
Glutes and hamstrings focused exercises

FRIDAY

Full Body HITT + Walk 10,000 Steps

SATURDAY

Outdoor Activity (bike, hike, swim)

SUNDAY

Active Recovery
maybe even stretch, yoga foam roll

Weight Loss Plan Weekly Ad This Week

Charlotte Cook-Fuller



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and Medicine (New York, N.Y.),1992 List of members in each volume **Trade Regulation Reporter** ,1988 *The Poultry*
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