



30 DAY WEIGHT LOSS CHALLENGE AND TIPS FOR BEGINNERS

WEEK 1 CARDIO CONDITIONING



For beginners, cardio is the best place to start. It's recommended to go through 150 minutes' worth of cardio before per week.

DAY 1

- Warm up (Treadmill 3 minutes, maximum speed 6.5mph) 
- Jump rope (6 to 8 reps for 20 seconds) 
- Jumping Jacks (10 reps for 20 seconds) 
- Jog in Place (5 reps 20 seconds) 
- Rest 
- Treadmill (3-5 mph for 20 minutes) 

DAY 2

- Jumping Jacks (10 reps for 10 seconds) 
- Burpees (3 reps for 30 seconds) 
- Mountain Climbers (10 reps for 20 seconds) 
- Rest 
- Stairs (1-2 laps, up and down) 

DAY 3

- Jog in Place (5 reps for 1 minute) 
- Squat Thrust (20 seconds) 
- Rest 
- Criss-Cross Pickup (30 seconds) 
- Power Plank (20 seconds) 

DAY 4

- Power Plank (30 seconds) 
- Rest 
- Mountain Climber (20 Seconds) 
- Jog in Place (20 seconds) 
- Stairs (2-3 laps, up and down) 

DAY 5

- Treadmill (3 minutes, maximum speed 5 mph) 
- Jumping Jacks (15 reps, 30 seconds) 
- Burpees (5 reps for 1 minute) 
- Rest 
- Squat Thrust (30 seconds) 
- Jog in Place (30 seconds) 

DAY 6

- Jog in Place (1 minute) 
- Stairs (3 laps, up and down) 
- Rest 
- Treadmill (15 minutes, maximum speed 6.5 mph) 
- Rest 

DAY 7

- Jump Rope (10 reps, 30 seconds) 
- Power Plank (30 seconds) 
- Rest 
- Treadmill (15 minutes, maximum speed 5 mph) 
- Squat Thrust (45 seconds) 

REFERENCES

- <https://www.verywellfit.com/best-home-cardio-exercises-1231273>
- <https://www.shape.com/fitness/cardio/60-second-cardio-moves>
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- <https://www.bodybuilding.com/content/the-myth-of-toning.html>
- <https://www.fitnessmagazine.com/workout/cardio/cardio-sculpting-workout-21-days-to-loving-your-shape/>
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