



30 DAY WEIGHT LOSS CHALLENGE AND TIPS FOR BEGINNERS

WEEK 2

FULL BODY



When the muscles are static, they stay ready by being in a state of partial contraction. Muscle tone can't be changed by using weights alone.

DAY 2

Warm up stretch 

Planks (1 minute) 

Squats (10 reps, 3 minutes) 

Planks (1 minute) 

Rest 

Push Ups (10 reps) 

DAY 3

Warm up stretch 

Reverse Lunge (5 reps) 

Squats (25 reps) 

Rest 

Bicep Curl (15 reps) 

Planks (1 minute) 

DAY 4

Warm up stretch 

Bicep Curl (15 reps) 

Squats (30 reps) 

Rest 

Planks (1 minute) 

Rest 

Planks (1 minute) 

DAY 5

Warm up stretch 

Reverse Lunge (10 reps) 

Squats (30 reps) 

Rest 

Roll-Ups (30 reps) 

Planks (1 minute) 

DAY 6

Warm up stretch 

Planks (1 minute) 

Roll-Ups (30 reps) 

Planks (1 minute) 

Rest 

Roll-Ups (40 reps) 

DAY 7

Warm up stretch 

Roll-Ups (40 reps) 

Reverse Lunge (15 reps) 

Rest 

Squats (40 reps) 

Planks (1 minute) 

SLIMMERS WORLD

REFERENCES

- <https://www.verywellfit.com/best-home-cardio-exercises-1231273>
- <https://www.shape.com/fitness/cardio/60-second-cardio-moves>
- <https://www.self.com/gallery/20-minute-indoor-cardio-workout>
- <https://blog.paleohacks.com/benefits-of-weight-lifting-for-women/>
- <https://www.self.com/gallery/essential-weight-lifting-moves-for-beginners>
- <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/>
- <https://www.bodybuilding.com/content/best-beginner-weight-training-guide-with-easy-to-follow-workout.html>

