



30 DAY WEIGHT LOSS CHALLENGE AND TIPS FOR BEGINNERS

WEEK 3 WEIGHT TRAINING



Every weight loss program should include weight training because it's beneficial for losing body fat and gaining strength without bulking up.

DAY 1

- Warm up 
- Running (Treadmill, 10 minutes) 
- Leg Press (10 reps) 
- Leg Curls (10 reps) 
- Lateral Pulldowns (10 reps) 
- Butterfly (10 reps) 

DAY 2

- Running (Treadmill, 15 minutes) 
- Triceps Pushdown (10 reps) 
- Ab Crunch Machine (30 reps) 
- Shoulder Press (15 reps) 
- Leg Press (10 reps) 
- Leg Curls (10 reps) 

DAY 3

- Warm up 
- Ab Crunch Machine (40 reps) 
- Chest Press (15 reps) 
- Stiff Leg Dead Lifts (15 reps) 
- Triceps Pushdown (15 reps) 
- Lateral Pulldowns (15 reps) 

DAY 4

- Warm up 
- Leg Press (15 reps) 
- Glute Bridges (10 reps) 
- Leg Curls (15 reps) 
- Stiff Leg Dead Lifts (20 reps) 
- Chest Press (20 reps) 
- Ab Crunch Machine (30 reps) 


DAY 5

- Warm up 
- Chest Press (25 reps) 
- Bent Rows (15 reps) 
- Shoulder Press (25 reps) 
- Triceps Pushdown (20 reps) 
- Lateral Pulldowns (20 reps) 

DAY 6

- Warm up 
- Running (Treadmill, 20 minutes) 
- Chest Press (30 reps) 
- Shoulder Press (30 reps) 
- Ab Crunch Machine (45 reps) 
- Glute Bridges (15 reps) 

DAY 7

- Rest Day 

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>

