



# 30 DAY WEIGHT LOSS CHALLENGE AND TIPS FOR BEGINNERS

## WEEK 4 COMBINATION

The last week of your challenge should be a culmination of all the routines that were mentioned above.



**DAY 1**

- Warm up stretch
- Jumping Jacks (20 reps)
- Jump rope (20 reps)
- Planks (1 minute)
- Rest
- Ab Crunch Machine (60 reps)

**DAY 2**

- Warm up
- Squats (20 reps)
- Leg Curls (20 reps)
- Burpees (10 reps)
- Reverse Lunge (15 reps)
- Push Ups (10 reps)

**DAY 3**

- Warm up
- Planks (1 minute)
- Roll-Ups (20 reps)
- Rest
- Chest Press (30 reps)
- Shoulder Press (30 reps)

**DAY 4**

- Rest Day

**DAY 5**

- Warm up
- Stiff Leg Dead Lifts (20 reps)
- Leg Press (20 reps)
- Leg Curls (20 reps)
- Planks (1 minute)
- Reverse Lunge (20 reps)

**DAY 6**

- Shoulder Press (30 reps)
- Chest Press (20 reps)
- Ab Crunch Machine (80 reps)
- Planks (1 minute)
- Rest
- Squats (40 reps)

**DAY 7**

- Rest Day

### SLIMMERS WORLD

#### REFERENCES

- <https://www.verywellfit.com/best-home-cardio-exercises-1231273>
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- <https://www.self.com/gallery/20-minute-indoor-cardio-workout>
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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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