

# 3-MONTH WEIGHT-LOSS WORKOUT PLAN

## WEEKS 1-3

### MONDAY: LOWER BODY

#### CIRCUIT 1:

Plank: hold for 30 seconds  
Glute bridge  
Kettlebell deadlift

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

#### CIRCUIT 2:

Squats  
Lunges

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

### TUESDAY: HIIT CARDIO

Aim for 45 minutes to an hour of high-intensity intervals or intense cardio. Warm up with a 10-minute jog and cool down with some static stretching.

### WEDNESDAY: FULL BODY

Hollow hold  
Push press  
Alternating reverse lunge  
Twisting wood chops  
Alternating lateral lunge

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

### THURSDAY: CARDIO OR YOGA

Aim for 60 minutes of a steady-pace cardio and/or yoga.

### FRIDAY: UPPER BODY

#### CIRCUIT 1:

TRX row  
Single-arm chest press

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

#### CIRCUIT 2:

Single-arm bent-over row  
Knee push-ups

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

#### CIRCUIT 3:

Dumbbell bicep curls  
Triceps pushdown

REST FOR 60 TO 90 SECONDS AND REPEAT THE CIRCUIT TWO TO THREE TIMES.

**CLICK TO SEE THE FULL PLAN!**

# Weight Loss Plan This Month Login

**Sebastian Brünink**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name Sebastian Brünink.

## **Weight Loss Plan This Month Login:**

Pineal Gland: Unlock Greater Awareness and Connect (Essential Guide About the Third Eye Awakening and Achieving Spiritual Enlightenment) George Fulton, The pineal gland is an essential part of your body which has become more and more popular in recent years Revered as the secret to awakening your third eye and boosting your mental and spiritual wellbeing this gland has been the subject of countless studies Now this profound and insightful book explores how you can harness your pineal gland to achieve spiritual awakening Covering the chakras the vital role the pineal gland plays in your physiology and practical steps to awaken your third eye this book is perfect for anyone who wants to achieve spiritual awakening In this captivating and compelling book you will Discover that your loved ones who have crossed over are still alive and care about you Learn that love is the fabric of the afterlife that creates an everlasting bond with us Gain a better understanding of life beyond the veil Acquire a roadmap to connect with the spirit world This inspiring work clearly describes that not only do we survive our physical death but more importantly that the bonds of love between the two worlds are eternal This thought provoking book is a must for anyone interested in the spirit world medium ship and what spirit is trying to tell us 10 Steps to 10K Per Week: Complete Step by Step Blueprint for Reaching Financial Independence Online , Using Technology to Support Evidence-Based Behavioral Health Practices Michael A. Cucciare, Kenneth R. Weingardt, 2009-10-30 The use of technology to provide cost effective behavioral healthcare is emerging as a crucial aspect of treating a wide variety of behavioral health problems However many behavioral health providers lack the knowledge and skills necessary to effectively integrate technology based behavioral tools into their practice In Using Technology to Support Evidence Based Behavioral Health Practices the authors help providers implement technology based behavioral health practices in various healthcare settings and with various mental health disorders Divided into two parts the text first addresses specific disorders or problem areas then presents issues concerning implementation and evaluating such tools in clinical practice and important ethical issues to consider when doing so **Connect Core Concepts in Health** Paul M. Insel, Walton T. Roth, 2000 Revised and updated fifth edition 1988 introductory textbook focuses on issues of concern to students nutrition weight control contraception exercise intimate relationships stress AIDS drugs alcohol etc and stresses personal responsibility and personal empowerment Annotation copyrighted by Book News Inc Portland OR **One Show Interactive, Volume XII** , Eat Delete Pooja Makhija, 2012-06-05 Want to lose seven kilos in a month Would you like to get that bikini bod in four weeks flat Or do you want a ten day solution to a sexier you If you believe that weight loss is a race against time and a screeching gasping sprint to the finish line it is better you don't read this book There is no such thing as a quick fix for weight loss The key to a hotter you is to take it easy really listen to your body and make measured and sustainable nutritional and lifestyle changes The starting point of any weight loss programme doesn't begin with what's on your plate it begins with what's in your mind Nutritionist to the stars Pooja Makhija gives you a combined mind body holistic solution a convenient easy to use

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