

12-week

Fat Loss Gym Workout Plan

Week 1

Monday - Legs and biceps

20 minutes cardio

- Barbell squats - 3 sets/ 10 reps
- Bicep curls - 3 sets/ 10 reps
- Romanian deadlifts - 3 sets/10 reps
- Concentration curls - 3 sets/ 10 reps
- Leg extensions - 3 sets/10 reps
- Side bicep curls - 3 sets/10 reps
- Hip thrusts - 3 sets/10 reps
- Reverse curls - 3 sets/10 reps
- Leg curls - 3 sets/10 reps
- Standing hip abduction - 4 sets/10 reps (2 each side)



Wednesday - Full rest

Friday - Legs, chest and triceps

20 minutes cardio

- Sumo deadlifts - 3 sets/10 reps
- Tricep dips - 3 sets/10 reps
- Bench press - 3 sets/10 reps
- Lying leg curls - 3 sets/10 reps
- Cable crossover flys - 3 sets/10 reps
- Leg extensions - 3 sets/10 reps
- Triceps kickbacks - 3 sets/10 reps
- Side lunges - 3 sets/10 reps
- Dumbbell flys - 3 sets/10 reps
- Tricep pushdowns - 3 sets/10 reps
- Hip thrusts - 3 sets/10 reps
- Calf raises - 3 sets/10 reps

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Sunday - Full rest



Tuesday - Chest and triceps

20 minutes cardio

- Triceps kickbacks - 3 sets/10 reps
- Bench press - 3 sets/10 reps
- Overhead triceps extensions - 3 sets/10 reps
- Dumbbell chest flys - 3 sets/10 reps
- Tricep dips - 3 sets/10 reps
- Cable crossover flys - 3 sets/10 reps
- Wide push-ups - 3 sets/10 reps

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Thursday - Back and shoulders

20 minutes cardio

- Barbell deadlifts - 3 sets/10 reps
- Front raises - 3 sets/10 reps
- Wide grip lat pull downs - 3 sets/10 reps
- Dumbbell lateral raises - 3 sets/10 reps
- Bent-over dumbbell rows - 3 sets/10 reps
- Shoulder press - 3 sets/10 reps
- Back extensions - 3 sets/10 reps
- Arnold press - 3 sets/10 reps

Saturday - Back, biceps and abs

30 minutes cardio

- Lat pull downs - 3 sets/10 reps
- Hammer curls - 3 sets/10 reps
- Captain's chair leg raises - 3 sets/10 reps
- Assisted pull-ups - 3 sets/10 reps
- Preacher curls - 3 sets/10 reps
- Planks - 3 sets/ 30 seconds
- Bent over rows - 3 sets/10 reps
- Bicep curls - 3 sets/10 reps
- Side planks - 2 sets/ 30 seconds
- Kettlebell swings - 3 sets/10 reps

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Act Practice Weight Loss Plan Best

Joan U. Levy, Norman Levy



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Beyond a Shadow of a Diet Judith Matz, Ellen Frankel, 2024-05-20 Now in its third edition Beyond a Shadow of a Diet is the most comprehensive book available for professionals working with clients who struggle with binge and emotional eating chronic dieting and body image Divided into three sections The Problem The Treatment and The Solution this book is filled with compelling clinical examples visualizations and exercises that professionals can use to deepen their knowledge and skills as they help clients find freedom from preoccupation with food and weight New research on diet failure health weight and weight stigma makes a case for why clinicians must reflect on their own attitudes and biases to understand how a weight loss focus can harm clients In addition to addressing the symptoms dynamics and treatment of eating problems this book presents a holistic framework that includes topics such as cultural ethical and social justice issues the role of self compassion and promoting physical and emotional well being for people of all shapes and sizes Drawing from the attuned eating and weight inclusive frameworks this book serves as an essential resource for both new clinicians and

those interested in shifting their clinical approach Trauma informed and filled with compelling client stories and step by step strategies Beyond a Shadow of a Diet offers professionals and their clients a positive evidence based model for making peace with food their bodies and themselves

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Dr. Abravanel's Anti-Craving Weight Loss Diet Elliott D. Abravanel,1991-02 *The Journal of Mental Science* ,1908 Vol 77 includes Yearbook of the Association 1931 **Kentucky Medical Journal** ,1914 **Recommendations for 1986, Joint Legislative Sunrise and Sunset Review Committee** Colorado. General Assembly. Legislative Council. Joint Legislative Sunrise Sunset Review Committee,1985 *The Scots Law Times* ,1912 **Harper's Round Table** ,1897 *The National Provisioner* ,1921 **Journal of the American Medical Association** American Medical Association,1913 **The Law Journal** ,1901 *Congressional Record* United States. Congress,1993 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873

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