

7-DAY GYM WORKOUT PLAN

for women by Suzy

Monday- Legs

10-minute treadmill warm-up
Romanian deadlift 12x4
Barbell back squat 12x4
Dumbbell lunges 12x3
Leg press 12x3
Goblet Squat 12x3
Barbell hip thrust 12x4
Standing calf raises 12x3
Cool down and stretch

Wednesday- Upper body

15-minute elliptical warm-up
Bench press 12x4
Triceps kickback 12x4
Cable bicep curl 12x3
Shoulder press 12x3
Bent over row 12x3
Triceps overhead extension 12x3
Standing dumbbell bicep curl 12x4
Cool down and stretch

Tuesday- Cardio

30-45 minutes of cardio at a moderate pace, keeping the heart rate between 65% -70% of maximum heart rate.
Good cardio options- cycling, elliptical, rowing, treadmill running/brisk walking, spinning.

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Thursday cardio +abs

30 mins rowing machine – alternate 1-minute hard rowing with 2 mins of easy to moderate rowing.

AB WORKOUT

Plank knee crosses 15x4
Captain's chair hanging leg raises 15x4
V- Ups 15x4
Crunches on exercise ball 15x4
Lying leg raises 15x4
Windshield wipers 15x4

VISIT: FITNESSCHAT.CO FOR THE FULL PLAN

Sight Words List Weight Loss Plan Same Day Delivery

Katrin Zwirglmaier

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The Joy Fit Club Joy Bauer,2012-04-06 The Today show nutrition expert shares over 75 recipes dramatic weight loss success stories and ten simple rules for healthy everyday eating Joy Bauer the long time on air diet and nutrition expert for the Today show regularly tells the inspiring personal stories of people who have lost one hundred pounds or more using her weight loss plan Joy s diet plan not only works it really works Now you can take the Joy Fit challenge and use these delicious bountiful recipes and meal plans at home to start losing weight today The Joy Fit Club is the one tool you ll need to succeed Featuring more than 75 recipes detailed meal plans and motivational before and after photographs of real people this book is ideal for anyone who wants to join the Joy Fit Club New York Magazine ,1985-12-16 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea InfoWorld ,1984-02-27 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects Awaken the Diet Within Julia Griggs Havey,2009-05-30 Julia Griggs Havey who lost 130 pounds and went on to become a beauty queen shares the secrets to losing weight and keeping it off forever Topping the scale at 290 pounds Julia Griggs Havey resigned herself to a matronly figure and plus size clothes But when she read the anonymous note informing her that her husband was having an affair Julia realized it was time to take control of her life Her mantra became self improvement through self motivation and she began by taking off the weight more than 130 pounds and divorcing her wandering husband Now Julia shares the weightloss secrets that have already helped thousands From her nine level Road Map to Weight Loss to more than 130 delicious recipes nutritional advice and fitness tips readers will discover how easy it is to achieve success Julia s inspirational outlook will motivate and encourage millions of women to awaken the diet within and begin their transformation today The Billboard ,1926 The Scots Law Times ,1910 Woman's World ,1929 The American Journal of Clinical Nutrition ,1997 Coal and Coal Trade Journal ,1903 Illustrated London News ,1916 Normal Instructor and Teachers World ,1922 Primary Plans ,1912 The Northwestern Miller ,1890 The Advocate of Peace ,1917 Advocate of Peace and Universal Brotherhood ,1917 American Lumberman ,1901 Michigan Farmer and Livestock Journal ,1927 Publishers Weekly ,1986 Successful Farming Ernest E. Faville,Alson Secor,1922 Includes various special sections or issues annually 1968 Harvesting issue usually no 7 or 8 1968 Crop planning issue usually no 12 title varies slightly Machinery management issue Usually no 2 1970 Crop planting issue usually no 4 title varies slightly International Trade and Shipping Digest ,1919

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