

1 Month Workout Calendar

BY EMI WONG

SCORE: REPS



	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	10 min Benchmark Workout	10 min Abs 10 min HIIT*	30-40 min LISS* / AR*	10-20 min Legs	10 min Abs 10 min Arms	10 min Back 10 min HIIT*	Rest
WEEK 2	15-20 min HIIT*	10 min Abs 10 min Small Waist	30-40 min LISS* / AR*	10 min Thighs 5-10 min HIIT*	10 min Arms 10 min Lower Abs	15-20 min Abs + Cardio / HIIT*	Rest
WEEK 3	20-30 min HIIT*	10-20 min Abs / Small Waist	30-40 min LISS* / AR*	10 min Legs 8-10 min Abs	10-20 min Arms	10 min Back 10-15 min HIIT*	Rest
WEEK 4	20-30 min HIIT*	10 min Lower Abs 15 min HIIT*	30-40 min LISS* / AR*	10 min Legs 10 min Thighs	10 min Abs 10 min Arms	15-30 min HIIT*	Rest
WEEK 1	10 min Benchmark Workout	<p>*HIIT = Full body high intensity interval training *LISS = Low intensity steady state (e.g. long slow jog, swimming and etc) *AR = Active Recovery (e.g. walking / yoga / stretching / sports & activity of your choice)</p>					



SCORE: REPS

Remember your goal. No pain no gain.

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American Monthly Review of Reviews Albert Shaw,1894 **The Canadian Monthly and National Review** Graeme Mercer Adam,George Stewart,1874 **The American Monthly Review of Reviews** ,1904 **National Review** ,1912

Nutrition Abstracts and Reviews ,2001 **The Canadian Monthly and National Review** ,1874 Monthly Index of Russian Accessions ,1964 *The 120-year Diet* Roy L. Walford,1988 You can feel younger and more vigorous at every age with the help of The 120 Year Diet Developed by Dr Roy L Walford this high nutrient low calorie diet is based on long range university studies which suggest that people can retard aging extend their life span and prevent diseases with the simple dietary measures described *The Saturday Review of Politics, Literature, Science and Art* ,1886 British Medical Journal ,1909 **Western Hospital Review** ,1928 **Pastoralists' Review** ,1962 **World Review of Nutrition and Dietetics** Geoffrey Howard Bourne,1992 *Monthly Index of Russian Accessions* Library of Congress. Processing Department,1959 Millard's Review of the Far East ,1917 **Introduction to Maternity & Pediatric Nursing** Gloria Leifer,2003 Providing a foundation in obstetrics and paediatric nursing this text outlines the skills and techniques essential for clinical practice

Weight Loss Plan Ai Overview This Month Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Weight Loss Plan Ai Overview This Month**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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