

## Week 1 weight loss workout plan

Exercises/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jumping Jacks	30 Reps	25 Reps	35 Reps	35 Reps	15 Reps	REST	REST
Side Plank	35 Reps	30 Reps	35 Reps	30 Reps	35 Reps	REST	REST
Russian Twists	15 Reps		20 Reps	30 Reps	20 Reps	REST	REST
Squat Jump	15 Reps	10 Reps	15 Reps	5 Reps	40 Reps	REST	REST
Push-Ups	5 Reps	15 Reps	10 Reps	15 Reps	15 Reps	REST	REST
Lunge Kicks	30 Reps	35 Reps	10 Reps	15 Reps	30 Reps	REST	REST
Wall Sit	25 Reps	30 Reps	30 Reps	20 Reps	35 Reps	REST	REST
Side Crunches	40 Reps		45 Reps	40 Reps	10 Reps	REST	REST
High Knees	30 Reps	10 Reps	30 Reps	45 Reps	30 Reps	REST	REST

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