

Week 3 weight loss workout plan

Exercises/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jumping Jacks	35 Reps	25 Reps	30 Reps	35 Reps	20 Reps	REST	REST
Side Plank	45 Reps	45 Reps	60 Reps	45 Reps	60 Reps	REST	REST
Russian Twists	15 Reps		20 Reps	30 Reps	20 Reps	REST	REST
Squat Jump	15 Reps	10 Reps	10 Reps	15 Reps	40 Reps	REST	REST
Push-Ups	15 Reps	15 Reps	15 Reps	10 Reps	15 Reps	REST	REST
Lunge Kicks	40 Reps	30 Reps	10 Reps	15 Reps	40 Reps	REST	REST
Wall Sit	30 Reps	30 Reps	30 Reps	20 Reps	35 Reps	REST	REST
Side Crunches	40 Reps	40 Reps		45 Reps	15 Reps	REST	REST
High Knees	30 Reps	10 Reps	40 Reps	40 Reps	35 Reps	REST	REST

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