

LOSE 10 POUNDS AT HOME IN 1 WEEK



MONDAY TUESDAY WEDNESDAY

10 SIT UPS
5 PUSH UPS
20 SQUATS
15 LUNGES
35 JUMPING JACKS
15 SEC PLANK
25 CRUNCHES
25 SEC WALL SIT
10 BUTT KICKS

20 SIT UPS
10 PUSH UPS
10 SQUATS
25 LUNGES
10 JUMPING JACKS
30 SEC PLANK
25 CRUNCHES
45 SEC WALL SIT
20 BUTT KICKS

20 SIT UPS
10 PUSH UPS
15 SQUATS
25 LUNGES
50 JUMPING JACKS
40 SEC PLANK
30 CRUNCHES
35 SEC WALL SIT
25 BUTT KICKS



BEFORE

SCALE WT.
160 LBS.
BODY FAT %
37.92%
ABDOMEN
33.5
FAT MASS
61.43



AFTER

SCALE WT.
124 LBS.
BODY FAT %
24.36%
ABDOMEN
27.5
FAT MASS
30.2