



METABOLIC RESET PROGRAM

A Smarter Way to Lose Weight
and Keep It Off

WEEK 1

**BEGINNERS
WORKOUT GUIDE**



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www.loseitwell.com

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WEEK 1 WOKROUT PLAN

	MORNING ROUTINE	MAIN	DAILY STEP COUNT
MON	10 SQUATS	15 -20 MIN WALK AFTER EVERY MEAL OR 5 MINUTES SEATED OR STANDING CALF RAISES	7,000 STEPS
TUES	15 SQUATS	15 -20 MIN WALK AFTER EVERY MEAL OR 5 MINUTES SEATED OR STANDING CALF RAISES	7,000 STEPS
WED	15 SQUATS	15 -20 MIN WALK AFTER EVERY MEAL OR 5 MINUTES SEATED OR STANDING CALF RAISES	7,000 STEPS
THU	REST DAY	REST DAY	7,000 STEPS
FRI	20 SQUATS	15 -20 MIN WALK AFTER EVERY MEAL OR 5 MINUTES SEATED OR STANDING CALF RAISES	7,000 STEPS
SAT	20 SQUATS	15 -20 MIN WALK AFTER EVERY MEAL OR 5 MINUTES SEATED OR STANDING CALF RAISES	7,000 STEPS
SUN	REST DAY	REST DAY	REST DAY