

10 Pound Weight loss Workout Plan

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout 1	Workout 2	Workout 1	Off	Workout 1	Workout 2	Off

WORKOUT 1

Exercise	Time	Level	Reps	Procedure
1. Treadmill	15 mins			Do intervals of 3.2mph and 5.5 until you can jog the entire 15 minutes.
2. Upright Bike	10 mins	1-3		Keep your rpms above 70
3. Stairstepper	10 mins	1-2		
4. Treadmill (2nd time)	10 mins			

WORKOUT 2

Exercise	Time	Sets	Reps	Procedure
1. Treadmill	20 mins			Do intervals of 3.2mph and 5.5 until you can jog the entire 20 minutes.
2. Leg Extension		2-3	15-20	
3. Leg Curls		2-3	15-20	
4. Lying Leg Press		2-3	15-20	
5. Machine Tricep Pushdowns		2-3	15-20	
6. Machine Preacher Curls		2-3	15-20	
7. Back Narrow Machine Rows		2-3	15-20	
8. Stairstepper	7 mins	2-3		
9. Elliptical Glider	10 mins	2-3		