

# 12 Week Program to Get Lean and Healthy at Home

- **Monday:** Walking for 30 minutes
- **Tuesday:** Rest
- **Wednesday:** Bodyweight squats, push-ups, and lunges for 15 minutes
- **Thursday:** Rest
- **Friday:** Walking for 30 minutes
- **Saturday:** Rest
- **Sunday:** Rest
  
- **Breakfast:** Oatmeal with fruit and nuts
- **Lunch:** Salad with grilled chicken or fish
- **Dinner:** Chicken stir-fry with brown rice
- **Snacks:** Fruits, vegetables, and yogurt
  
- **Monday:** Walking for 35 minutes
- **Tuesday:** Bodyweight squats, push-ups, and lunges for 20 minutes
- **Wednesday:** Rest
- **Thursday:** Running for 30 minutes
- **Friday:** Bodyweight squats, push-ups, and lunges for 25 minutes
- **Saturday:** Rest

- **Sunday:** Rest
  
- **Breakfast:** Eggs with whole wheat toast
- **Lunch:** Salad with grilled chicken or fish
- **Dinner:** Salmon with roasted vegetables
- **Snacks:** Fruits, vegetables, and nuts
  
- **Monday:** Walking for 40 minutes
- **Tuesday:** Weight training for 30 minutes
- **Wednesday:** Rest
- **Thursday:** Running for 35 minutes
- **Friday:** Weight training for 35 minutes
- **Saturday:** Rest
- **Sunday:** Rest
  
- **Breakfast:** Oatmeal with fruit and nuts
- **Lunch:** Salad with grilled chicken or fish
- **Dinner:** Chicken stir-fry with brown rice
- **Snacks:** Fruits, vegetables, and yogurt
  
- **Monday:** Walking for 45 minutes
- **Tuesday:** Weight training for 40 minutes
- **Wednesday:** Rest

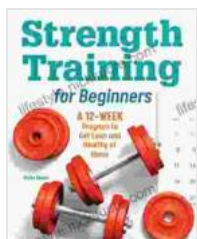
- **Thursday:** Running for 40 minutes
- **Friday:** Weight training for 45 minutes
- **Saturday:** Rest
- **Sunday:** Rest
  
- **Breakfast:** Eggs with whole wheat toast
- **Lunch:** Salad with grilled chicken or fish
- **Dinner:** Salmon with roasted vegetables
- **Snacks:** Fruits, vegetables, and nuts
  
- **Monday:** Walking for 50 minutes
- **Tuesday:** Weight training for 50 minutes
- **Wednesday:** Rest
- **Thursday:** Running for 45 minutes
- **Friday:** Weight training for 55 minutes
- **Saturday:** Rest
- **Sunday:** Rest
  
- **Breakfast:** Oatmeal with fruit and nuts
- **Lunch:** Salad with grilled chicken or fish
- **Dinner:** Chicken stir-fry with brown rice
- **Snacks:** Fruits, vegetables, and yogurt

- **Monday:** Walking for 45 minutes
- **Tuesday:** Weight training for 45 minutes
- **Wednesday:** Rest
- **Thursday:** Running for 40 minutes
- **Friday:** Weight training for 40 minutes
- **Saturday:** Rest
- **Sunday:** Rest
  
- **Breakfast:** Eggs with whole wheat toast
- **Lunch:** Salad with grilled chicken or fish
- **Dinner:** Salmon with roasted vegetables
- **Snacks:** Fruits, vegetables, and nuts
  
- **Monday:** Walking for 40 minutes
- **Tuesday:** Weight training for 40 minutes
- **Wednesday:** Rest
- **Thursday:** Running for 35 minutes
- **Friday:** Weight training for 35 minutes
- **Saturday:** Rest
- **Sunday:** Rest
  
- **Breakfast:** Oatmeal with fruit and nuts

- **Lunch:** Salad with grilled chicken or fish
- **Dinner:** Chicken stir-fry with brown rice
- **Snacks:** Fruits, vegetables, and yogurt
  
- **Monday:** Walking for 35 minutes
- **Tuesday:** Weight training for 35 minutes
- **Wednesday:** Rest
- **Thursday:** Running for 30 minutes
- **Friday:** Swimming for 30 minutes
- **Saturday:** Rest
- **Sunday:** Rest
  
- **Breakfast:** Eggs with whole wheat toast
- **Lunch:** Salad with grilled chicken or fish
- **Dinner:** Salmon with roasted vegetables
- **Snacks:** Fruits, vegetables, and nuts
  
- **Monday:** Walking for 30 minutes
- **Tuesday:** Weight training for 30 minutes
- **Wednesday:** Rest
- **Thursday:** Running for 25 minutes
- **Friday:** Biking for 30 minutes
- **Saturday:** Rest

- **Sunday:** Rest
  
- **Breakfast:** Oatmeal with fruit and nuts
- **Lunch:** Salad with grilled chicken or fish
- **Dinner:** Chicken stir-fry with brown rice
- **Snacks:** Fruits, vegetables, and yogurt
  
- **Monday:** Rest
- **Tuesday:** Weight training for 25 minutes
- **Wednesday:** Rest
- **Thursday:** Running for 20 minutes
- **Friday:** Rest
- **Saturday:** Rest
- **Sunday:** Rest
  
- **Breakfast:** Eggs with whole wheat toast
- **Lunch:** Salad with grilled chicken or fish
- **Dinner:** Salmon with roasted vegetables
- **Snacks:** Fruits, vegetables, and nuts
  
- **Monday:** Rest
- **Tuesday:** Weight training for 20 minutes
- **Wednesday:** Rest

- **Thursday:** Running for 15 minutes
- **Friday:** Rest
- **Saturday:** Rest
- **Sunday:** Rest
  
- **Breakfast:** Oatmeal with fruit and nuts
- **Lunch:** Salad with grilled chicken or fish
- **Dinner:** Chicken stir-fry with brown rice
- **Snacks:** Fruits, vegetables, and yogurt



## Strength Training for Beginners: A 12-Week Program to Get Lean and Healthy at Home by Kyle Hunt

★ ★ ★ ★ ☆ 4.5 out of 5

Language : English  
File size : 9996 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 250 pages  
Lending : Enabled

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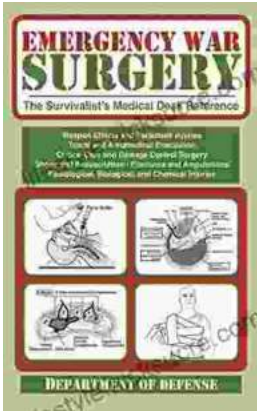
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