

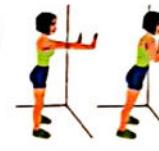
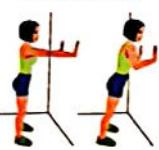
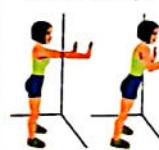
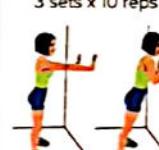
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BEGINNERS

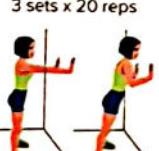
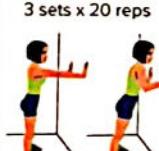
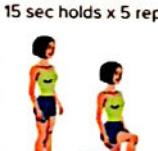
THE DOCTOR'S 6 WEEK WEIGHT LOSS + BODY TRANSFORMATION

RESISTANCE TRAINING PLAN

WEEK 1 & 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 SQUATS 3 sets x 10 reps	 LUNGES 3 sets x 10 reps	 SUMO SQUATS 3 sets x 10 reps	 WALL SQUAT 15 sec holds x 10 reps	 SQUATS 3 sets x 10 reps	 WALL PUSH UPS 3 sets x 10 reps	 SIT UPS 3 sets x 10 reps
 WALL PUSH UPS 3 sets x 10 reps	 BRIDGES 3 sets x 10 reps	 WALL PUSH UPS 3 sets x 10 reps	 LUNGES 3 sets x 10 reps	 CALF RAISES 3 sets x 10 reps	 BRIDGES 3 sets x 10 reps	 SUMO SQUATS 3 sets x 10 reps
 CALF RAISES 3 sets x 10 reps	 SIT UPS 3 sets x 10 reps	 CALF RAISES 3 sets x 10 reps	 BRIDGES 3 sets x 10 reps	 WALL SQUATS 15 sec hold x 10 reps	 LUNGES 3 sets x 10 reps	 WALL PUSH UPS 3 sets x 10 reps

WEEK 3 & 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 SQUATS 3 sets x 20 reps	 BRIDGES 3 sets x 20 reps	 SUMO SQUATS 3 sets x 20 reps	 WALL SQUAT 15 sec holds x 5 reps	 BRIDGES 3 sets x 20 reps	 SQUATS 3 sets x 20 reps	 WALL PUSH UPS 3 sets x 20 reps
 WALL PUSH UPS 3 sets x 20 reps	 SIT UPS 3 sets x 20 reps	 WALL PUSH UPS 3 sets x 20 reps	 LUNGES 3 sets x 20 reps	 SQUATS 3 sets x 20 reps	 CALF RAISES 3 sets x 20 reps	 WALL SQUAT 15 sec holds x 5 reps
 CALF RAISES 3 sets x 20 reps	 LUNGES 3 sets x 20 reps	 CALF RAISES 3 sets x 20 reps	 SIT UPS 3 sets x 20 reps	 CALF RAISES 3 sets x 20 reps	 LUNGES 3 sets x 20 reps	 SUMO SQUATS 3 sets x 20 reps

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BEGINNERS

THE DOCTOR'S 6 WEEK WEIGHT LOSS + BODY TRANSFORMATION

RESISTANCE TRAINING PLAN



WEEK 5 & 6

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
SQUATS 3 sets x 30 reps	STEP UP ON TO STEP 3 sets x 10 reps	BRIDGES 5 sec hold x 10 rep x 3 set	LUNGES 3 sets x 20 reps	STEP UPS ON TO STEP 3 sets x 10 reps	KNEE PUSH UPS 3 sets x 10 reps	STEP UPS ON TO STEP 3 sets x 10 reps
LUNGES 3 sets x 20 reps	SUMO SQUATS 3 sets x 20 reps	SIT UPS 3 sets x 30 reps	SQUATS 3 sets x 30 reps	SUMO SQUATS 3 sets x 20 reps	SQUATS 3 sets x 30 reps	SUMO SQUATS 3 sets x 20 reps
KNEE PUSH UPS 3 sets x 10 reps	KNEE PUSH UPS 3 sets x 10 reps	CALF RAISES 3 sets x 30 reps	KNEE PUSH UPS 3 sets x 10 reps	CALF RAISES 3 sets x 30 reps	LUNGES 3 sets x 20 reps	CALF RAISES 3 sets x 30 reps