

No equipment

30-DAY

FITNESS PLAN

ULTIMATE WEIGHT LOSS



PLAN INTRODUCTION

There are many ways to lose weight, but having a good plan is vital. A 30-day workout plan for men's ultimate weight loss is an excellent starter pack, especially if you've gained a lot of weight rapidly. Instead, by exercising regularly, you will not only lose weight but also become physically fit. This program will show you that fitness is not just about the weight you lose; it's about the strength and confidence you will gain. Gaining weight doesn't happen overnight, nor does losing weight. It necessitates appropriate action, determination, and consistency. By performing simple workouts for 30 days you'll achieve a great result.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.



WORKOUT PLAN

| | | | | | | | |
|-------|---|--------|---|--------|---|--------|--|
| Day 1 | 15 Sit ups, 5 Crunches, 5 Leg raise, 10 planks | Day 9 | 45 Sit ups, 30 Crunches, 30 Leg raise, 30 planks | Day 17 | 75 Sit ups, 100 Crunches, 45 Leg raise, 65 planks | Day 25 | 105 Sit ups, 160 Crunches, 60 Leg raise, 95 planks |
| Day 2 | 20 Sit ups, 8 Crunches, 8 Leg raise, 12 planks | Day 10 | 50 Sit ups, 50 Crunches, 50 Leg raise, 30 planks | Day 18 | 80 Sit ups, 110 Crunches, 48 Leg raise, 70 planks | Day 26 | 110 Sit ups, 170 Crunches, 61 Leg raise, 100 planks |
| Day 3 | 35 Sit ups, 10 Crunches, 10 Leg raise, 15 planks | Day 11 | 55 Sit ups, 63 Crunches, 33 Leg raise, 42 planks | Day 19 | 85 Sit ups, 120 Crunches, 50 Leg raise, 75 planks | Day 27 | 115 Sit ups, 180 Crunches, 62 Leg raise, 110 planks |
| Day 4 | REST DAY! | Day 12 | REST DAY! | Day 20 | REST DAY! | Day 28 | REST DAY! |
| Day 5 | 30 Sit ups, 12 Crunches, 12 Leg raise, 20 planks | Day 13 | 60 Sit ups, 75 Crunches, 40 Leg raise, 50 planks | Day 21 | 90 Sit ups, 130 Crunches, 52 Leg raise, 80 planks | Day 29 | 120 Sit ups, 190 Crunches, 62 Leg raise, 115 planks |
| Day 6 | 35 Sit ups, 15 Crunches, 15 Leg raise, 25 planks | Day 14 | 65 Sit ups, 65 Crunches, 42 Leg raise, 80 planks | Day 22 | 95 Sit ups, 140 Crunches, 55 Leg raise, 85 planks | Day 30 | 125 Sit ups, 200 Crunches, 64 Leg raise, 120 planks |
| Day 7 | 40 Sit ups, 20 Crunches, 20 Leg raise, 30 planks | Day 15 | 70 Sit ups, 90 Crunches, 42 Leg raise, 60 planks | Day 23 | 100 Sit ups, 150 Crunches, 58 Leg raise, 90 planks | | |
| Day 8 | REST DAY! | Day 16 | REST DAY! | Day 24 | REST DAY! | | |



Sit-ups

1. Lie on your back on a mat, knees bent, and feet flat on the floor.
2. Cross your arms in front of your chest.
3. Crunch your abs to lift your shoulders off the mat.
4. Hold for a second, then slowly return to the starting position.



Crunches

1. Lean back and lie down. Your feet should be placed on the ground hip-width apart. Kneel and cross your arms over your chest. Inhale while tightening your abs.
2. Exhale and raise your upper body while maintaining a relaxed neck and head.
3. After taking a breath, reset your position.



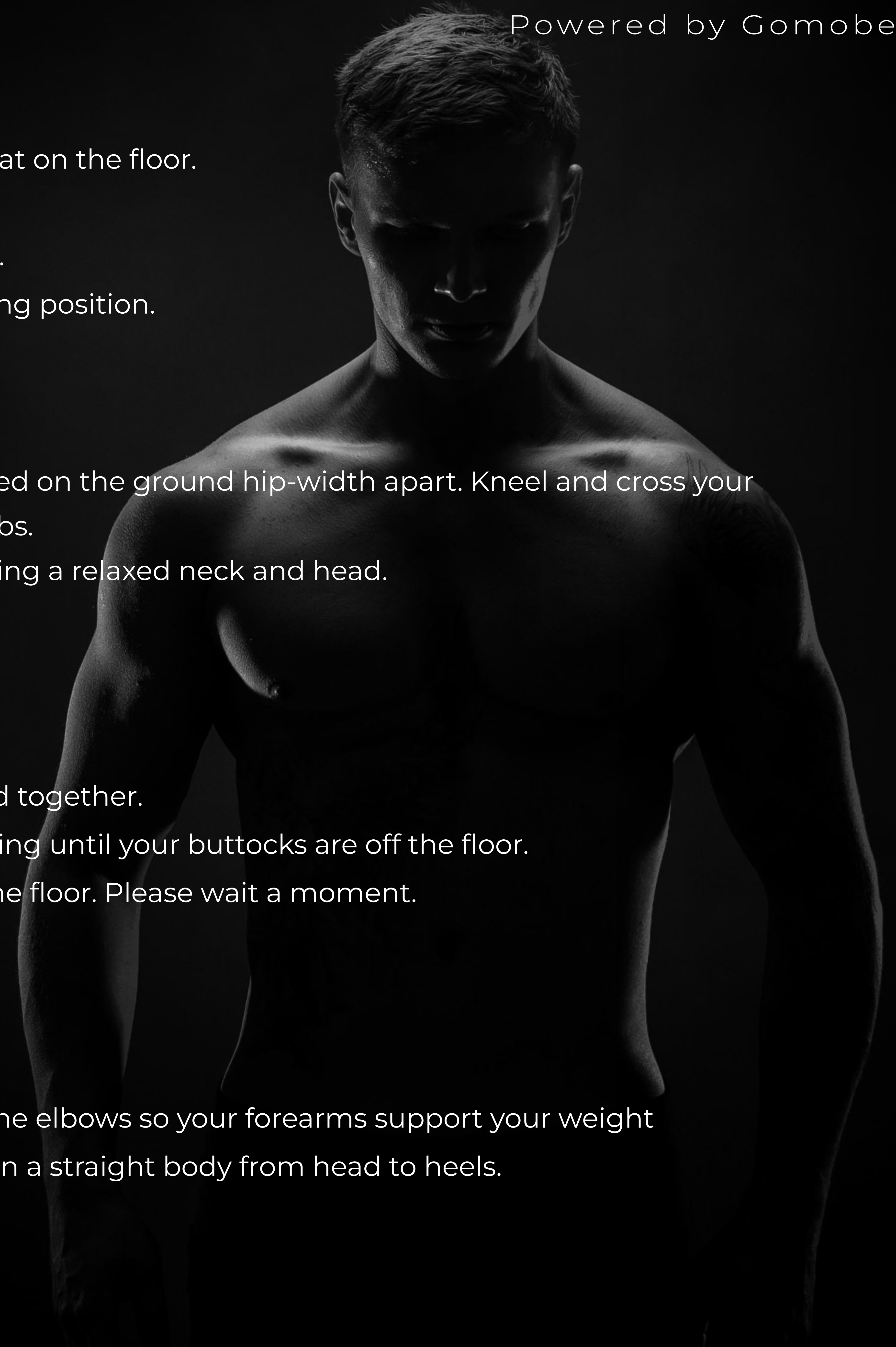
Leg Raise

1. Lie down on your back with your legs straight and together.
2. Keep your legs straight and raise them to the ceiling until your buttocks are off the floor.
3. Lower your legs slowly until they are just above the floor. Please wait a moment.
4. Raise your legs again. Repeat.



Planks

1. Take a push-up position, but bend your arms at the elbows so your forearms support your weight.
2. Tighten your abs, clench your glutes, and maintain a straight body from head to heels.
3. Hold on for as long as you can.





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