

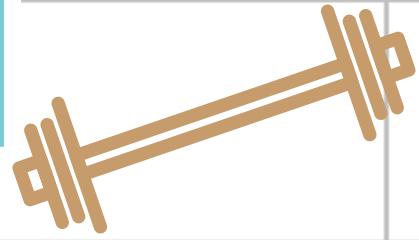
Life Assembled

WITH DEVIN ALMONTE

*30-Day
Weight Loss
Fitness Plan*



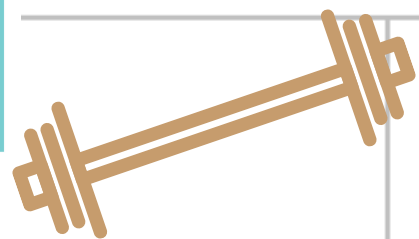
WEEK 1: DAY 1-7 GENTLE WEIGHT LOSS WORKOUTS



	WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5
DAY 1	Reg Floor Flys	No Weight In & Out Shoulder Flys	No Weight Lying Down Tricep Ext	Beginner 1-Arm Push-ups	Beginner Pike Press
DAY 2	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk
DAY 3	Beginner Plange Push-ups	No Weight Scarecrows	Beginner Side-to-Side Push-ups	Beginner 2-Speed Push-ups	No Weight Y-Press
DAY 4	REST	REST	REST	REST	REST
DAY 5	Beginner 2-Speed Push-ups	No Weight Scarecrows	Beginner Pike Press	No Weight Lying Down Tricep Ext	Reg Floor Flys
DAY 6	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk
DAY 7	No Weight In & Out Shoulder Flys	Beginner 1-Arm Push-ups	Beginner Plange Push-ups	Beginner Side-to-Side Push-ups	No Weight Y-Press

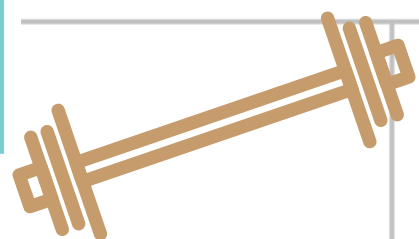


WEEK 2: DAY 8-14 INTERMEDIATE WEIGHT LOSS WORKOUTS



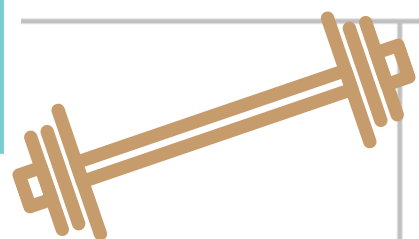
	WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5
DAY 8	FP Floor Flys	Weighted In & Out Shoulder Flys	LW, FP Lying Down Tricep Ext	Non-stop Beginner 1-Arm Push-ups	Non-stop Beginner Pike Press
DAY 9	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk
DAY 10	FP Plange Push-ups	LW, FP Scarecrows	Intermediate Side-to-Side Push-ups	Fast-to-Slow 2-Speed Push-ups	Weighted Y-Press
DAY 11	REST	REST	REST	REST	REST
DAY 12	Fast-to-Slow 2-Speed Push-ups	LW, FP Scarecrows	Non-stop Beginner Pike Press	LW, FP Lying Down Tricep Ext	FP Floor Flys
DAY 13	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk
DAY 14	Weighted In & Out Shoulder Flys	Non-stop Beginner 1-Arm Push-ups	FP Plange Push-ups	Intermediate Side-to-Side Push-ups	Weighted Y-Press

WEEK 3: DAY 15-21 FAST-PACED WEIGHT LOSS WORKOUTS



	WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5
DAY 15	FP Floor Flys	FP In & Out Shoulder Flys	LW, FP Lying Down Tricep Ext	Advanced 1-Arm Push-ups	Advanced Pike Press
DAY 16	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk
DAY 17	FP Plange Push-ups	LW, FP Scarecrows	Advanced Side-to-Side Push-ups	Slow-to-Fast 2-Speed Push-ups	Weighted Moving Y-Press
DAY 18	REST	REST	REST	REST	REST
DAY 19	Slow-to-Fast 2-Speed Push-ups	LW, FP Scarecrows	Advanced Pike Press	LW, FP Lying Down Tricep Ext	FP Floor Flys
DAY 20	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk
DAY 21	FP In & Out Shoulder Flys	Advanced 1-Arm Push-ups	FP Plange Push-ups	Advanced Side-to-Side Push-ups	Weighted Moving Y-Press

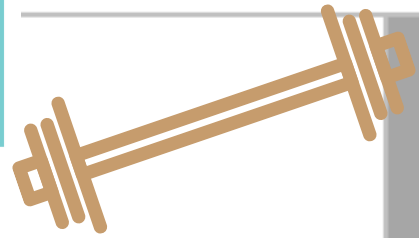
WEEK 4: DAY 22-28 DIVERSE WEIGHT LOSS WORKOUTS



	WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5
DAY 22	Non-stop Floor Flys	FP In & Out Shoulder Flys	Medium Weight Lying Down Tricep	Advanced 1-Arm Push-ups	Advanced Pike Press
DAY 23	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk
DAY 24	Advanced Plange Push-ups	Medium Weight Scarecrows	Advanced Side-to-Side Push-ups	Slow-to-Fast 2-Speed Push-ups	Weighted Moving Y-Press
DAY 25	REST	REST	REST	REST	REST
DAY 26	Slow-to-Fast 2-Speed Push-ups	Medium Weight Scarecrows	Advanced Pike Press	Medium Weight Lying Down Tricep	Non-stop Floor Flys
DAY 27	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk	10 Min Leisure Walk
DAY 28	FP In & Out Shoulder Flys	Advanced 1-Arm Push-ups	Advanced Plange Push-ups	Advanced Side-to-Side Push-ups	Weighted Moving Y-Press



WEEK 5: DAY 29-30 INTENSE WEIGHT LOSS WORKOUTS



	WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5
DAY 29	Med. Weight Lying Down Tricep Ext	Advanced Plange Push-ups	Slow-to-Fast 2-Speed Push-ups	FP In & Out Shoulder Flys	Advanced Pike Press
	WORKOUT 6	WORKOUT 7	WORKOUT 8	WORKOUT 9	WORKOUT 10
	Advanced Side-to-Side Push-ups	Non-stop Floor Flys	Advanced 1-Arm Push-ups	Medium Weight Scarecrows	Weighted Moving Y-Press
	WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5
DAY 30	Advanced Plange Push-ups	Advanced Pike Press	Advanced 1-Arm Push-ups	Med. Weight Lying Down Tricep Ext	FP In & Out Shoulder Flys
	WORKOUT 6	WORKOUT 7	WORKOUT 8	WORKOUT 9	WORKOUT 10
	Non-stop Floor Flys	Weighted Moving Y-Press	Slow-to-Fast 2-Speed Push-ups	Advanced Side-to-Side Push-ups	Medium Weight Scarecrows
	WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5