

5-Day Workout Routine

for weight loss

Day 1 - Legs and Biceps

20-30 minutes cardio

Legs

Jump squats - 3 sets of 12 reps

Romanian deadlift - 3 sets of 12 reps

Side lunges - 3 sets of 12 reps

Barbell squats - 3 sets of 12 reps

Hip thrusts - 3 sets of 12 reps

Dumbbell lying hip abduction - 3 sets of 12 reps

Biceps

Bicep curls - 3 sets of 12 reps

Preacher curls - 3 sets of 12 reps

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Day 3 - Back and Shoulders

20-30 minutes cardio

Back

Barbell deadlifts - 3 sets of 12 reps

Bent-over dumbbell rows - 3 sets of 12 reps

Wide grip lat pull downs - 3 sets of 12 reps

Back extensions - 3 sets of 12 reps

Shoulders

Shoulder press - 3 sets of 12 reps

Dumbbell upright row - 3 sets of 12 reps

Dumbbell lateral raises - 3 sets of 12 reps

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Day 5- Back, Biceps and Abs

20-30 minutes cardio

Barbell deadlifts - 3 sets of 12 reps

Renegade rows 3 sets of 12 reps

Bent over rows -3 sets of 12 reps

Bicep curls - 3 sets of 12 reps

Hammer curls - 3 sets of 12 reps

Lying leg raises - 3 sets of 12 reps

Planks - 2 sets of 45 seconds

Side planks 2 sets of 1 minute each side

Day 2 - Chest and Triceps

20-30 minutes cardio

Chest

Dumbbell floor press - 3 sets of 12 reps

Incline dumbbell bench press - 3 sets of 12 reps

Dumbbell chest fly - 3 sets of 12 reps

Push-ups - 3 sets of 12 reps

Triceps

Triceps kickbacks - 3 sets of 12 reps

Tricep dips - 3 sets of 12 reps

Dumbbell overhead triceps extensions - 3 sets of 12 reps

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Day 4- Legs, Chest and Triceps

20-30 minutes cardio

Barbell squats - 3 sets of 12 reps

Reverse lunges - 3 sets of 12 reps

Dumbbell plie squats - 3 sets of 12 reps

Hip thrusts - 3 sets of 12 reps

Calf raises - 3 sets of 12 reps

Bench press - 3 sets of 12 reps

Dumbbell skullcrusher- 3 sets of 12 reps

Tricep dips - 3 sets of 12 reps

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Handbook of Autism and Pervasive Developmental Disorder, Volume 2 Fred R. Volkmar, Kevin A. Pelphrey, Giacomo Vivanti, 2026-05-04

Journal of the House of Representatives of the United States United States. Congress. House, 1999 Some vols include supplemental journals of such proceedings of the sessions as during the time they were depending were ordered to be kept secret and respecting which the injunction of secrecy was afterwards taken off by the order of the House

Exercise and Menopause: Benefits, Challenges and the Transition to Optimal Management Kirsty A. Roberts, David Andrew Low, Emma O'Donnell, Chris Hartley, 2026-03-19 You can submit your manuscript through Frontiers in Sports and Active Living Frontiers in Physiology Frontiers in Global Women s Health or Frontiers in Reproductive Health Please select the journal that best aligns with the focus of your research when you click submit The menopause transition is associated with wide ranging symptoms and challenges for women having a profoundly negative impact on health and general well being often for many years post menopause Many women experience physical symptoms that can often include hot flushes sweating and sleep disturbances as well as psychological symptoms such as fluctuations in mood and cognition Such symptoms can vary significantly between individuals and can present at any time in the early late and or postmenopausal stages Treatments to help alleviate menopausal symptoms continue to evolve with hormone replacement therapy HRT being the most widely used treatment for common symptoms Some women derive benefit from non pharmacological therapies including meditation homeopathic and herbal remedies and reflexology Active lifestyles and exercise training are shown to improve many menopausal symptoms such as vasomotor symptoms sleep patterns and mood as well as having a positive impact on general quality of life The goal of this research topic is to bring together recent thinking that enhances our knowledge and understanding of the challenges facing menopausal women with a focus on active

lifestyles exercise and sport We call for research addressing the role of physical activity on menopausal symptoms the challenges the menopause transition can present to athletes and its impact on sports performance We encourage interdisciplinary research as well as research that addressing methodological approaches to studying how exercise can be utilised in treating sequelae of menopause Original research as well as reviews systematic reviews or analyses on topics including but not limited to the following are welcome Associations of lifestyle and menopausal symptoms Overcoming challenges associated with menopause through physical activity Development and evaluation of exercise training programmes and their effect on menopausal symptoms Challenges athletes face during with the menopause transition and its impact on sports performance Methodologies that can be used to study the effects of active lifestyle and exercise on menopause The role of physical activity in multidisciplinary postmenopausal health Future direction of research and how to generate impact in menopause management

Warlow's Stroke Graeme J. Hankey, Malcolm Macleod, Philip B. Gorelick, Christopher Chen, Fan Z. Caprio, Heinrich Mattle, 2019-04-15 A practical textbook based on a problem oriented workflow that will improve patients likelihood of full recovery from stroke and prevent future strokes from occurring Stroke is the leading cause of adult disability and is in the top five causes of death globally Warlow s Stroke Practical Management 4th Edition takes a problem oriented approach and addresses the questions posed by a stroke patient in the order they are likely to present in clinical practice for instance Is it a stroke What sort of stroke What caused it and What can be done about it Beginning with chapters phrased as questions the book walks the reader through a standard clinical workflow exploring the practical skills and assessment required at each stage of patient management Early chapters cover locating the vascular lesion identifying the involved arterial territory the role imaging should play and the application thereof Subsequent chapters look at what causes a transient or persistent ischemic event an intracerebral hemorrhage and a subarachnoid hemorrhage Unusual causes of ischemic stroke and transient ischemic attack are also covered The book then presents a practical approach to the management of stroke and transient ischemic attack offers specific treatments for acute ischemic stroke and aneurysmal subarachnoid hemorrhage provides ways for professionals to prevent first or recurrent stroke and more Final chapters of the book discuss rehabilitation after stroke how patients and carers can be supported in the short term and long term prevention of recurrent stroke and the organization of stroke services Warlow s Stroke Practical Management 4th Edition Follows clinical workflow for stroke analysis Features evidence based approach throughout Offers practical application aimed at improving patient outcomes Written and edited by internationally renowned experts in the field An essential resource for all practitioners involved in the care of patients who suffer from cerebrovascular disease but particularly suitable for neurologists residents geriatricians stroke physicians radiologists and primary care physicians

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