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lean muscle mass

to completely

transform your

physique and build

your best ever

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book you'll

discover the tried-

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editor Jon Lipsey,

who lost 10kg in

the eight weeks

that he followed

the plan, and

landed himself on

the cover of the

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The plan is broken in three “splits” of two body parts followed by a conditioning circuit. In total, four days will be spent in the gym while others are reserved for rest and/or cardio. You may follow the plan for four, six, or eight weeks. This will be the year you

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dramatically Total

change the

composition of

your body.

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body~~

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And it focuses on

four components to

build you a new

body: big-muscle

exercises,

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metabolic
conditioning,
intensity, and
diversity. Put it all
together, and you
have a routine
designed to build...

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book is an 8 week

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workout book. The

strength of the

book is in the

layout, not just of

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itself, but the parts

of life that help

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The REDEMPTION workout plan is about more than workouts. It's about finding the right state of mind, and igniting what triggers your motivation. For 45-60 minutes per day, your number-one priority is to hit the gym and give your all. And while

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pounding away,
rep after rep, think
about everything
you want to
achieve.

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body Redemption
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Losing weight isn't
complicated but
it's all-too-easy to
make some silly

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mistakes that will hamper your efforts, says New Body Plan editorial director... by Joe Warner December 5, 2020 Lifestyle

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Schedule. 5 days a
week for 6 weeks.

Warm-up. Begin
with 5 minutes of
limbering exercises
such as side-to-
side lunges,
shoulder rolls and
arm circles.

Beginner Rx. If

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Plan You've never done
Pilates before,
perform only ...

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~~Plan to alternate
among activities~~

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that emphasize
different parts of
your body, such as
walking, swimming
and strength
training. Try high-
interval intensity
training. In high-
interval intensity
training, you
perform short
bursts of high-
intensity activity
separated by

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recovery periods of
low-intensity
activity. Allow time
for recovery.

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Total-Body Gym
Workout For

Women Not Sure

What to Do at the
Gym? This

30-Minute

Dumbbell Workout

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