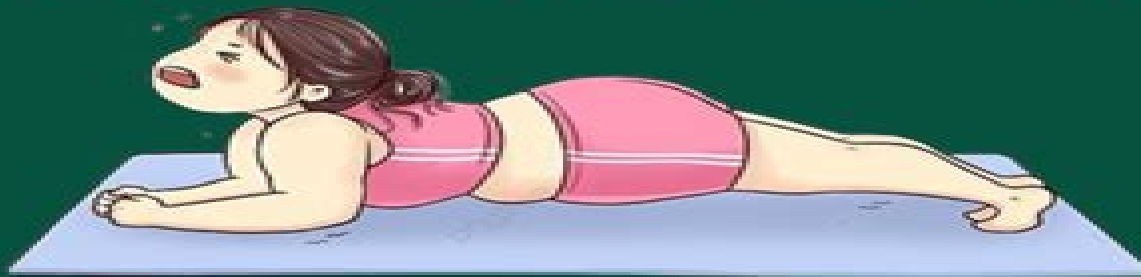


# LOSE 10 POUNDS AT HOME IN A WEEK



## MONDAY

10 SIT UPS  
5 PUSH UPS  
20 SQUATS  
15 LUNGES  
35 JUMPING JACKS  
15 SEC PLANK  
25 CRUNCHES  
25 SEC WALL SIT  
10 BUTT KICKS

## TUESDAY

20 SIT UPS  
10 PUSH UPS  
10 SQUATS  
25 LUNGES  
10 JUMPING JACKS  
30 SEC PLANK  
25 CRUNCHES  
45 SEC WALL SIT  
20 BUTT KICKS

## WEDNESDAY

20 SIT UPS  
10 PUSH UPS  
15 SQUATS  
25 LUNGES  
50 JUMPING JACKS  
40 SEC PLANK  
30 CRUNCHES  
35 SEC WALL SIT  
25 BUTT KICKS



**BEFORE**  
SCALE WT.  
160 LBS.  
BODY FAT %  
37.92%  
ABDOMEN  
33.5  
FAT MASS  
61.93



**AFTER**  
SCALE WT.  
124 LBS.  
BODY FAT %  
24.36%  
ABDOMEN  
27.5  
FAT MASS  
30.2

# Lose Ten Years In Ten Minutes A Day

**Ensheng Dong**



**Lose Ten Years In Ten Minutes A Day:**

## Decoding **Lose Ten Years In Ten Minutes A Day**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Lose Ten Years In Ten Minutes A Day**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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