

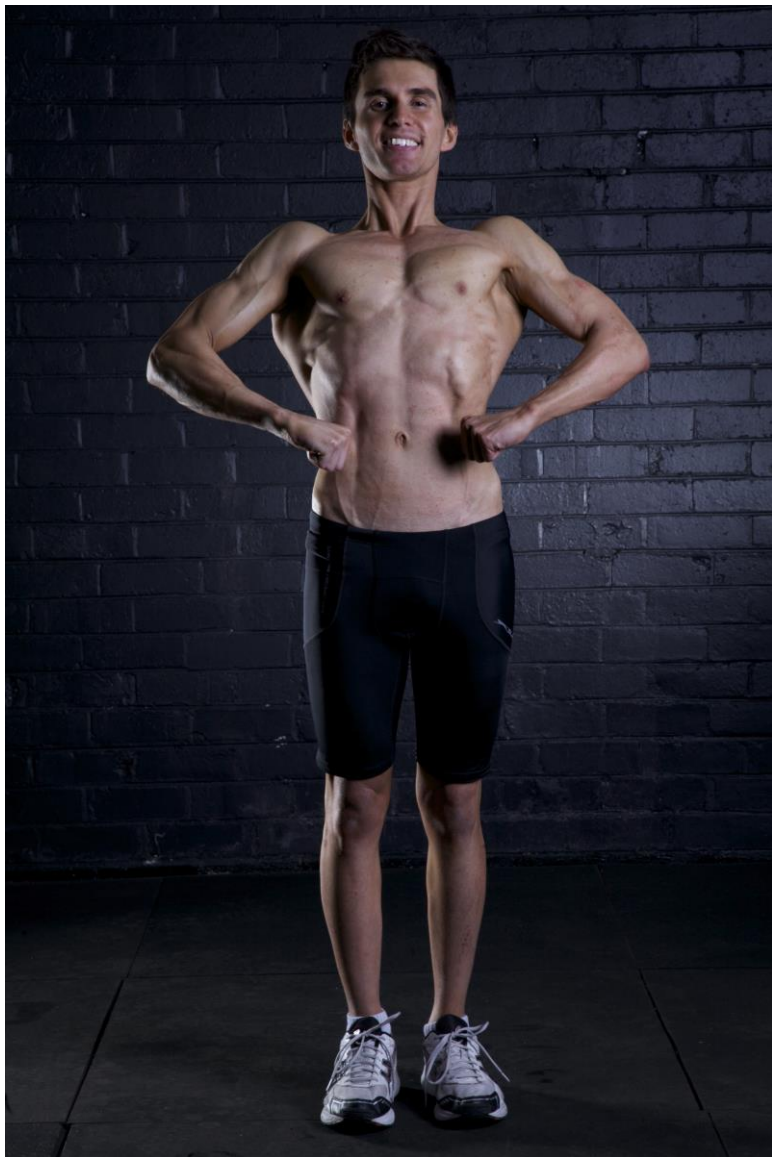
Adam Simpson Shares Weight Loss

Hey everyone! Here I am sharing my weight loss experience. I lost 7 kilograms in 12 weeks. To do this I had a workout and diet plan for my goal from a personal trainer. I also put in a few miscellaneous photos in as well.









<u>Week 1</u>	P		<u>Week 7</u>	P	
<u>Week 2</u>	R		<u>Week 8</u>	R	
	Q			Q	
<u>Week 3</u>	G		<u>Week 9</u>	G	
<u>Week 4</u>	R		<u>Week 10</u>	R	
	E			E	
<u>Week 5</u>	S		<u>Week 11</u>	S	
	S			S	
<u>Week 6</u>	S	↓	<u>Week 12</u>	S	↓

~~Week 1~~ P Week 7 P
 Week 2 R Week 8 R
 O Week 9 O
 Week 3 G Week 10 G
 Week 4 R Week 11 E
 E Week 12 S
 Week 5 S
 S
 Week 6 S

Week 1	P	↓	Week 7	P	↓
Week 2	R		Week 8	R	
	O			O	
Week 3	G		Week 9	G	
Week 4	R		Week 10	R	
	E			E	
Week 5	S		Week 11	S	
	S			S	
Week 6	S	↓	Week 12	S	↓

Week 1	P		Week 7	P	
Week 2	R		Week 8	R	
Week 3	O		Week 9	O	
Week 4	G		Week 10	G	
Week 4	R		Week 11	R	
Week 5	E		Week 12	E	
Week 6	S			S	

Week 1	P		Week 7	P	
Week 2	R		Week 8	R	
Week 3	O		Week 9	O	
Week 4	G		Week 10	G	
Week 4	R		Week 11	R	
Week 5	E		Week 11	E	
Week 6	S		Week 12	S	
		↓			↓

Week 1	P		<u>Week 7</u>	P	
Week 2	R		<u>Week 8</u>	R	
Week 3	O		<u>Week 9</u>	O	
Week 4	G		<u>Week 10</u>	G	
Week 5	R		<u>Week 11</u>	R	
Week 6	E		<u>Week 12</u>	E	
<u>Week 7</u>	S			S	
<u>Week 8</u>	S			S	
<u>Week 9</u>	S			S	
<u>Week 10</u>	S			S	
<u>Week 11</u>	S			S	
<u>Week 12</u>	S			S	

Week 1	P		<u>Week 7</u>	P	
Week 2	R		<u>Week 8</u>	R	
	O			O	
Week 3	G		<u>Week 9</u>	G	
Week 4	R		<u>Week 10</u>	R	
Week 5	E		<u>Week 11</u>	E	
	S			S	
Week 6	S	↓	<u>Week 12</u>	S	↓

Week 1	P		Week 7	P	
Week 2	R		Week 8	R	
Week 3	O		Week 9	O	
Week 4	G		Week 10	G	
Week 5	R		Week 11	R	
Week 6	E		Week 12	E	
	S			S	
	S			S	

~~Week 1~~ P ~~Week 7~~ P
~~Week 2~~ R ~~Week 8~~ R
 O O
~~Week 3~~ G Week 9 G
 Week 4 R Week 10 R
 E E
~~Week 5~~ S Week 11 S
 S S
~~Week 6~~ S Week 12 S

Week 1	P		Week 7	P
Week 2	R		Week 8	R
Week 3	O		Week 9	O
Week 4	G		Week 10	G
Week 5	R		Week 11	R
Week 6	E		Week 12	E
	S			S
	S			S

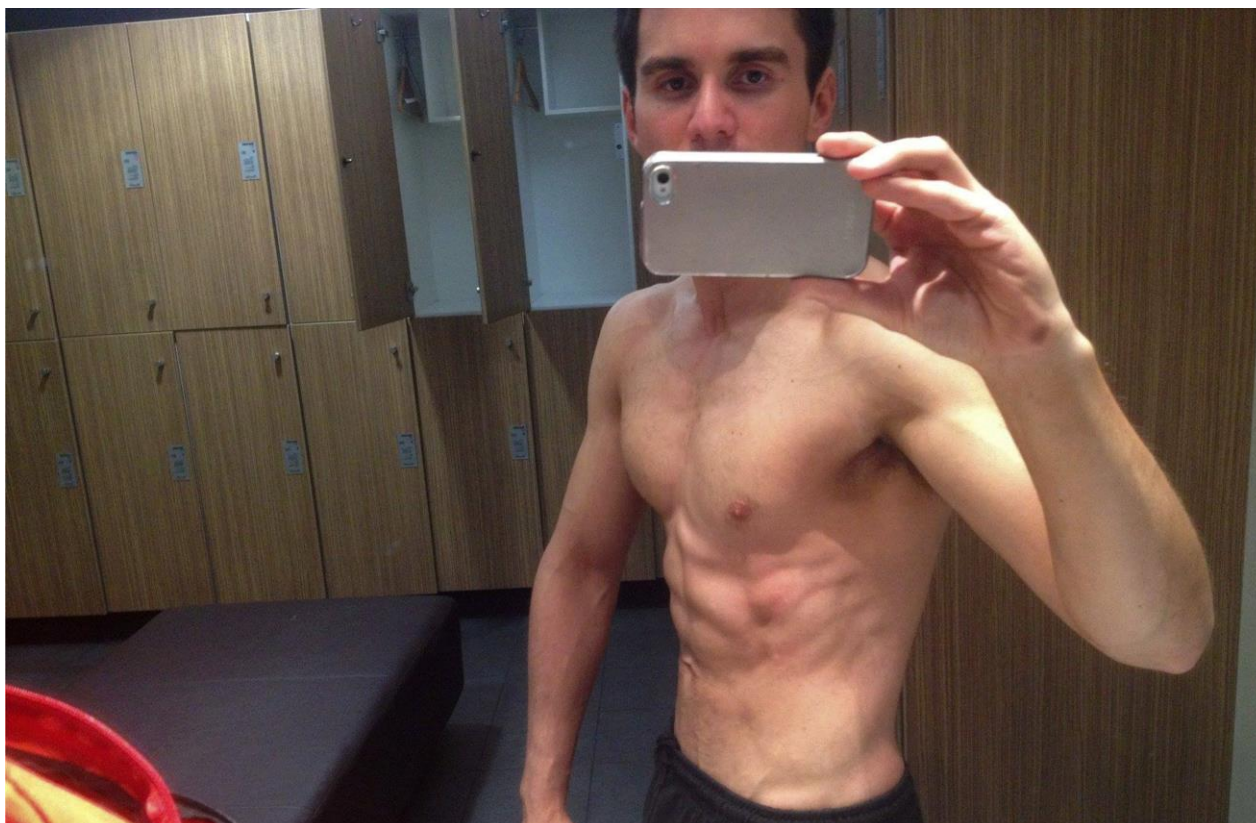
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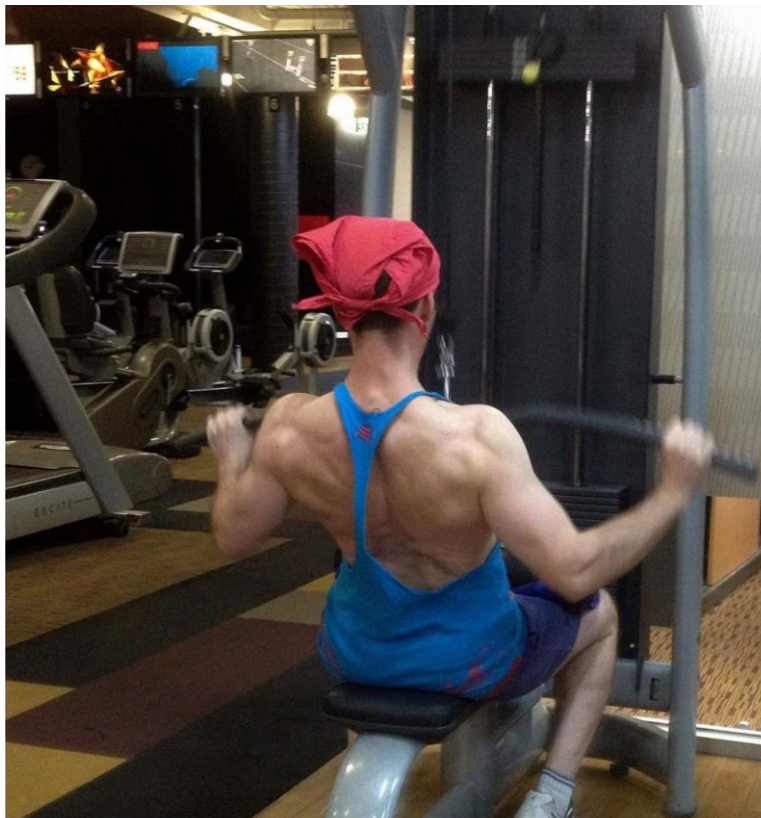
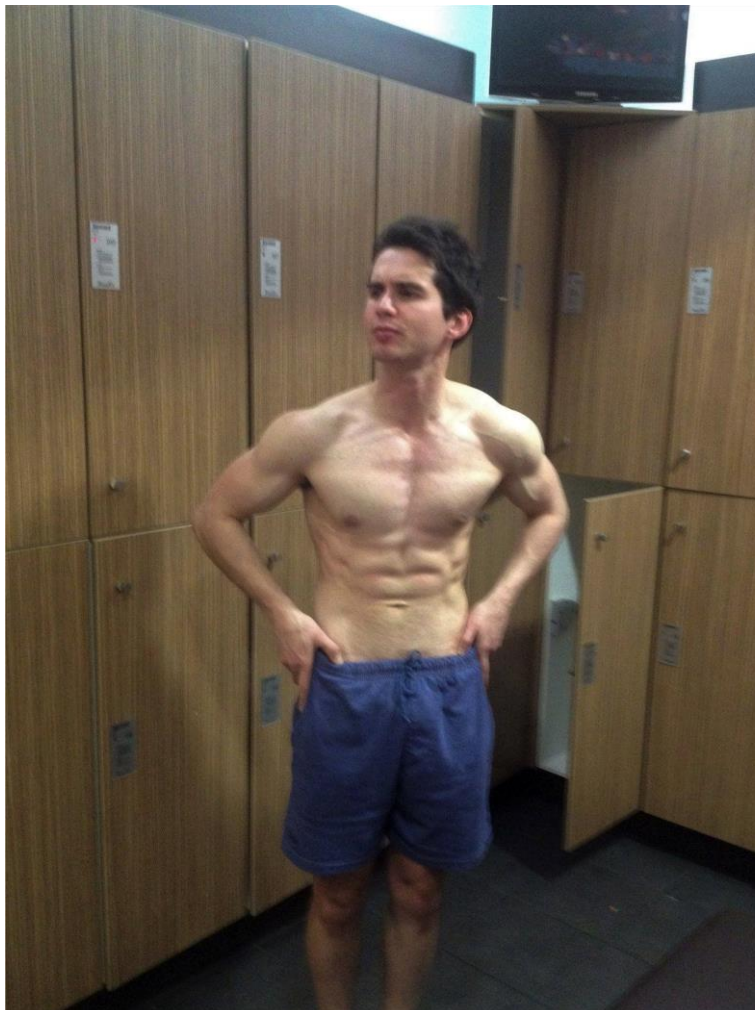
Week 1	P		Week 7	P
Week 2	R		Week 8	R
Week 3	O		Week 9	O
Week 4	G		Week 10	G
Week 5	R		Week 11	R
Week 6	E			E
	S			S
	S			S

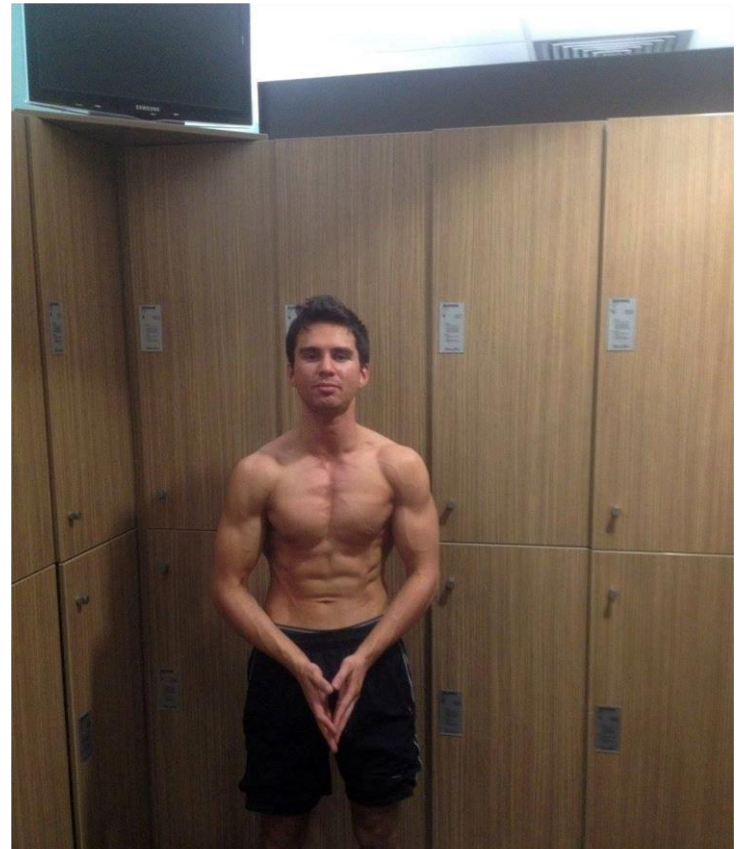
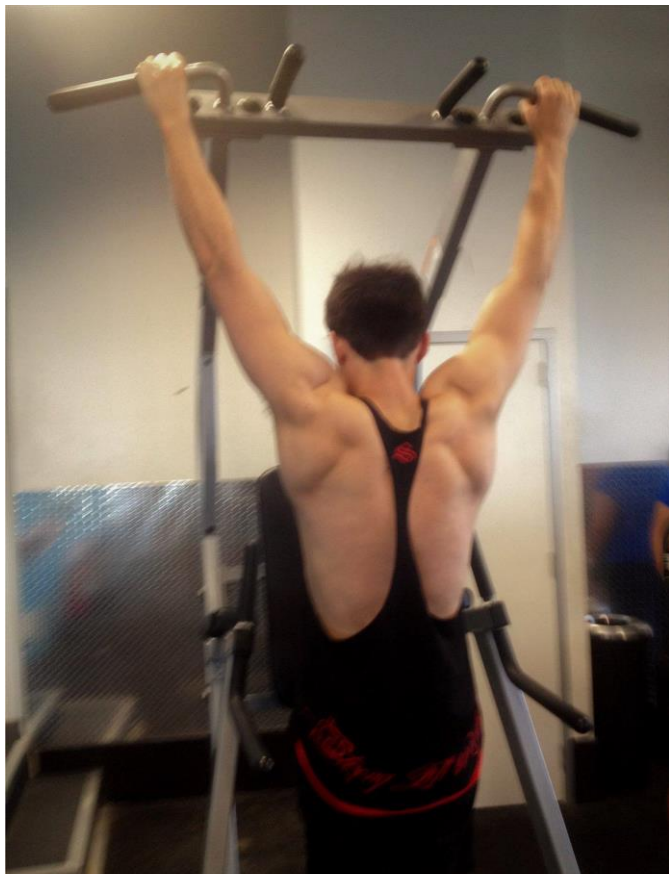
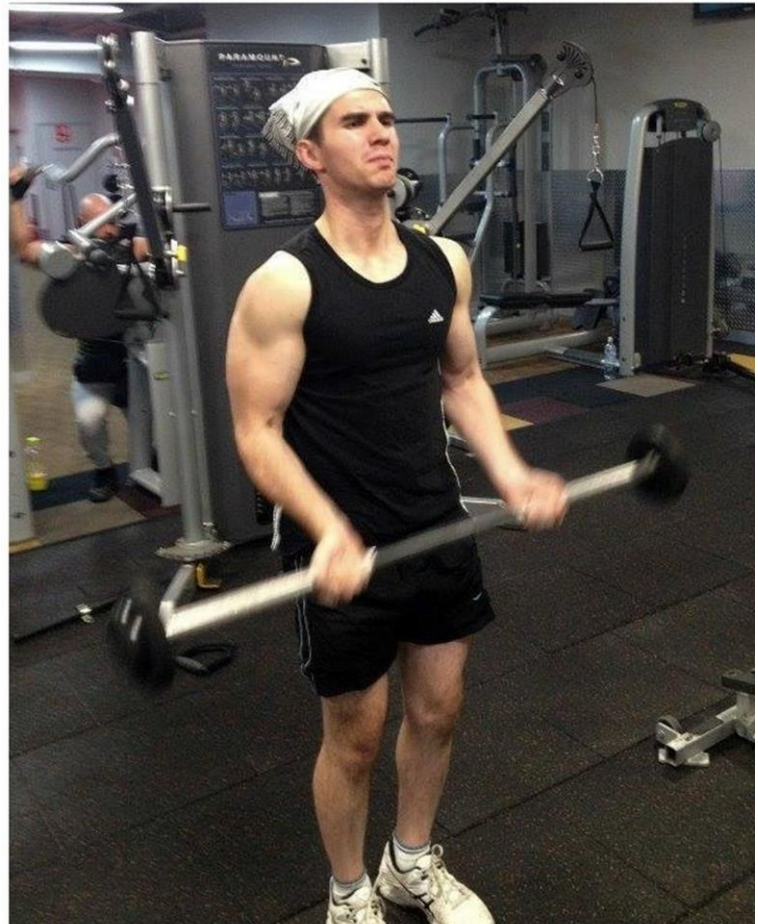
Week 1	P	Week 7	P
Week 2	R	Week 8	R
Week 3	O	Week 9	O
Week 4	G	Week 10	R
Week 5	E	Week 11	E
Week 6	S	Week 12	S

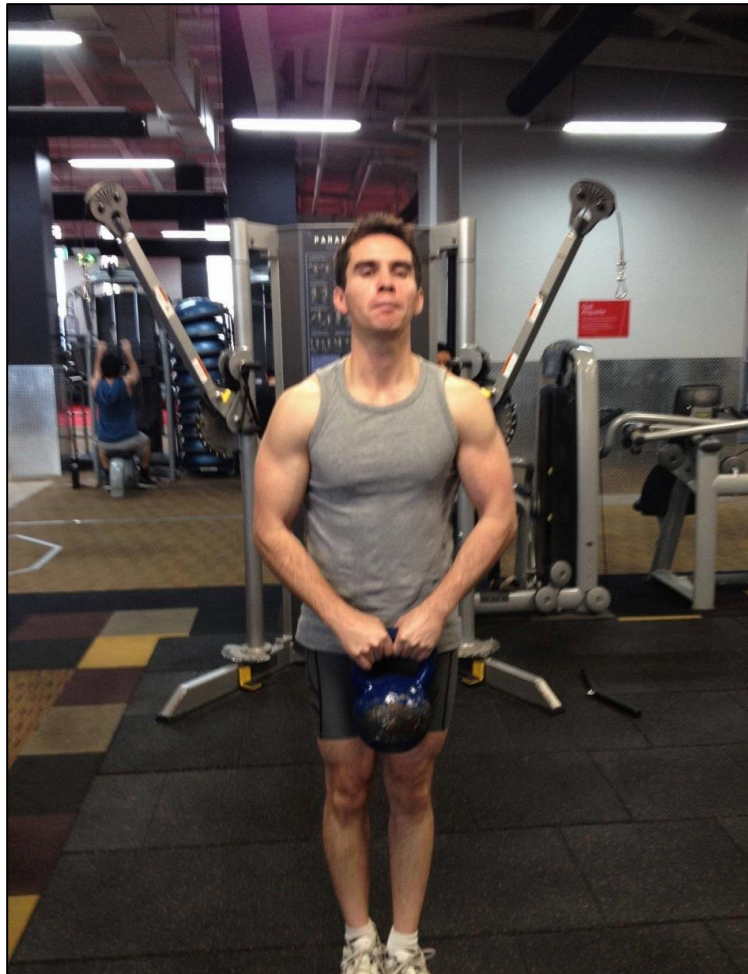
PROGRESS			
Week 1	P	Week 7	P
Week 2	R	Week 8	R
Week 3	O	Week 9	O
Week 4	G	Week 10	G
Week 5	R	Week 11	R
Week 6	E		E
	S		S
	S		S

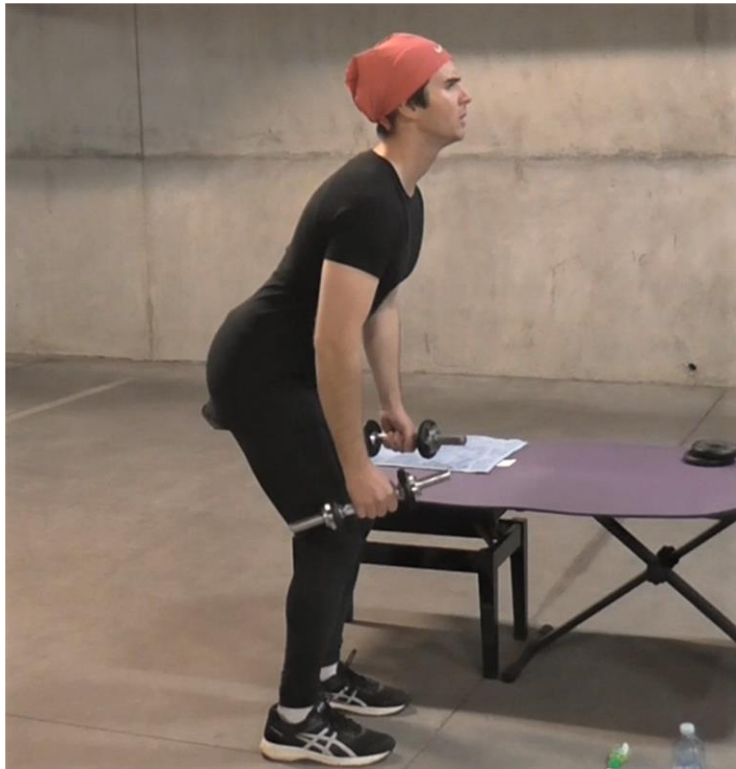








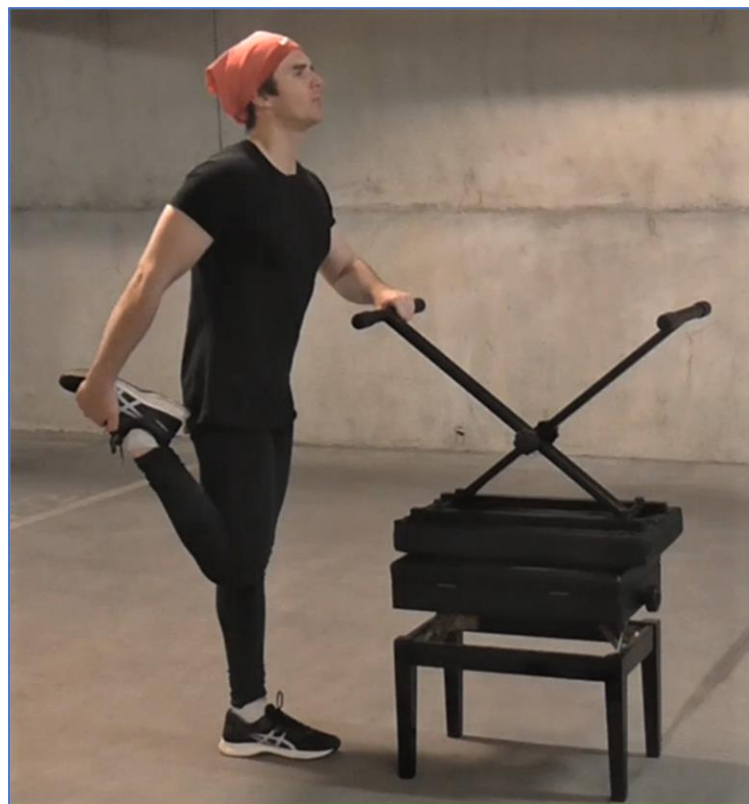




Exercises – Dumbbell rows, bench press, squats and lunges.



Exercise - Push-ups.



Stretches – Quadriceps and hamstrings.



Exercise – Seated ab crunches.



Exercise – One-arm triceps extension.

