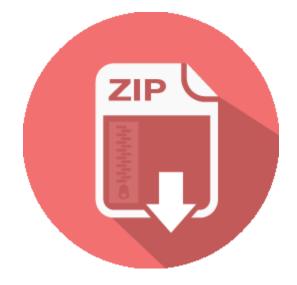
# FITNESS PROGRAMS FOR WEIGHT LOSS



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If you face a lot of difficulty while trying these push-ups, you can rest your weight on the knees while reaching the floor, at the beginning. In that case, you have to cross the legs at the ankles when you begin with the exercise routine. Begin with 8 push-ups till you feel confident about increasing the number.

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