

8 Week WEIGHT LOSS EXERCISE PLAN

Week 5

MONDAY

1 minute high knees
12 dumbbell deadlifts x3
12 goblet squats x3
12 side lunges
12 kettlebell swings x3
12 donkey kicks
80 jump rope
12 lunges x3
12 glute bridges x3
12 jump squats x3
80 jump rope

TUESDAY

12 triceps kickbacks x3
12 push-ups x3
12 standing bicep curls x3
100 jump rope x3
12 tricep dips x3
12 hammer curls x3
12 overhead shoulder press x3
60 jump rope x3

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WEDNESDAY

120 jump rope
30-sec planks
45-sec mountain climbers
30-sec plank
25 bicycle crunches
30 sec plank
120 jump rope
25 v crunches
20 burpees
25 v crunches
25 bicycle crunches
20 v crunches
25 bicycle crunches
20 burpees

THURSDAY

1 minute high knees
12 dumbbell deadlifts x3
12 goblet squats x3
1 minute high knees
12 side lunges
12 kettlebell swings x3
12 donkey kicks
1 minute high knees
12 lunges x3
12 glute bridges x3
12 jump squats x3
1 minute high knees

FRIDAY

200 jump rope
12 triceps kickbacks x3
12 push-ups x3
12 standing bicep curls x3
100 jump rope x3
12 tricep dips x3
12 hammer curls x3
12 overhead shoulder press x3
100 jump rope x3

SATURDAY

120 jump rope
30 sec planks
45 sec mountain climbers
30 sec plank
25 bicycle crunches
30 sec plank
120 jump rope
25 v crunches
100 jump rope
25 v crunches
25 bicycle crunches
20 v crunches
25 bicycle crunches
100 jump rope

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SUNDAY

Rest & recovery

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O. Ray Whittington



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