

8 WEEK

fat burning

WEIGHT LOSS

WORKOUT PLAN

week 1

MONDAY

- 15 jump rope x3
- 8 goblet squats x3
- 8 kettlebell swings x3
- 8 lunges x3
- 10 jump rope x3
- 8 glute bridges x3
- 20 jump rope

TUESDAY

- 15 jump rope
- 8 push-ups x3
- 8 standing bicep curls x3
- 15 jump ropes x3
- 8 tricep dips x3
- 8 hammer curls x3
- 8 overhead shoulder press x3
- 20 jump rope x3

WEDNESDAY

- 20 Jump rope
- 10 slow mountain climbers
- 10 Russian twists
- 30 jump rope
- 20-sec planks
- 20 jump rope
- 20-sec plank
- 10 Russian twists
- 12 slow mountain climbers
- 30 jump rope

THURSDAY

- 10 jump rope x3
- 6 goblet squats x3
- 6 kettlebell swings x3
- 6 lunges x3
- 10 jump rope x3
- 6 glute bridges x3

FRIDAY

- 15 jump rope
- 6 push-ups x3
- 6 standing bicep curls x3
- 15 jump ropes x3
- 6 tricep dips x3
- 6 hammer curls x3
- 6 overhead shoulder press x3
- 10 jump rope x3

SATURDAY

- Rest & recovery

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THE FULL WORKOUT PLAN

Stem Kits Weight Loss Plan Near Me

Purvi s.khinchi



Stem Kits Weight Loss Plan Near Me:

Adopting the Beat of Term: An Psychological Symphony within **Stem Kits Weight Loss Plan Near Me**

In some sort of consumed by displays and the ceaseless chatter of immediate interaction, the melodic beauty and psychological symphony developed by the published term usually diminish into the back ground, eclipsed by the constant sound and distractions that permeate our lives. Nevertheless, set within the pages of **Stem Kits Weight Loss Plan Near Me** a wonderful literary prize brimming with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that fascinating masterpiece conducts visitors on an emotional journey, well unraveling the hidden melodies and profound affect resonating within each carefully constructed phrase. Within the depths of the emotional analysis, we will examine the book is main harmonies, analyze its enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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