

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

Streaming Top Shows Weight Loss Plan This Month

F Rizvi



Streaming Top Shows Weight Loss Plan This Month:

Whispering the Secrets of Language: An Mental Journey through **Streaming Top Shows Weight Loss Plan This Month**

In a digitally-driven world wherever displays reign supreme and quick interaction drowns out the subtleties of language, the profound strategies and emotional subtleties hidden within phrases frequently go unheard. However, nestled within the pages of **Streaming Top Shows Weight Loss Plan This Month** a captivating literary treasure pulsating with raw thoughts, lies an extraordinary quest waiting to be undertaken. Penned by an experienced wordsmith, this marvelous opus attracts viewers on an introspective trip, gently unraveling the veiled truths and profound impact resonating within the very material of each word. Within the mental depths of the poignant review, we will embark upon a honest exploration of the book is core subjects, dissect its interesting publishing model, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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above all love maggie lives on an island and runs a guest house she has an orchard and is almost always barefoot maggie doesn t want to remember why she is there it hurts too much