

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**

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**John M. Morton, Stacy A.
Brethauer, Eric J. DeMaria, Scott
Kahan, Matthew M. Hutter**

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Low GI Diet 12-week Weight-loss Plan Jennie Brand-Miller, Joanna Mcmillan-Price, Kaye Foster-Powell, 2011-01-01 This updated edition of Australia's bestselling Low GI Diet program explains how a low GI diet can help you lose weight and keep it off Featuring twelve weeks of menus tailored to your weight and activity level and twelve weeks of easy to follow aerobic and resistance exercises that will take you just 30 minutes a day this book outlines a nutritionally balanced effective and healthy way to start losing weight and improve your overall health and includes Tools and tips to maintain weight loss for life Delicious recipes and a menu survival guide for eating out How to balance protein and carbohydrate Photographs of exercises Updated GI tables for your favourite foods The most significant dietary finding of the last 25 years the glycemic index GI is an easy to understand measure of how food affects blood glucose levels and has revolutionised the way we eat

Deception and Fraud in the Diet Industry United States. Congress. House. Committee on Small Business. Subcommittee on Regulation, Business Opportunities, and Energy, 1990 *Federal Register*, 1994-06 *The Values Diet* Bradford Humphrey, Clayton Humphrey, 2003-10 *Weight in America* Barbara Wexler, 2008-10 Contains studies surveys and statistics on issues related to weight in America covering weight and physical health dietary treatment for overweight and obesity political legal and social concerns and other topics *The Wine-Lover's Healthy Weight Loss Plan* Tedd Goldfinger, Lynn F. Milligan, Lynn Nicholson, 2006 Wine has been shown to help reduce the risks for cardiovascular disease arthritis and Alzheimer's erase the effects of stress and anxiety increase life expectancy and enhance quality of life Includes daily meal plans and scrumptious recipes including wine pairing recommendations from an award winning chef In the bestselling tradition of French Women Don't Get Fat Knopf 2004 Mediterranean diets have become very popular because they are delicious and have proven health benefits **Current Catalog**, 1971 First multi year cumulation covers six years 1965-70 **Annual Editions** Charlotte Cook-Fuller, 1995 *Consumers Index to Product Evaluations and Information Sources*, 1994 **Employee Benefit Plan Review**, 2002 **Standard & Poor's Stock Reports**, 2010-03 *The National Jewish Monthly*, 1969 **Kiplinger's Personal Finance Magazine**, 1995 *Obesity: Pathology and Therapy* Per Björntorp, 2000-09-04 With contributions by numerous experts **Money**, 1981 *Meat and Livestock Digest*, 1920 **The Washingtonian**, 1988 *California. Court of Appeal (1st Appellate District). Records and Briefs* California (State)., **The Value Line Investment Survey**, 2007 **Dr. Siegal's Natural Fiber Permanent Weight-Loss Diet** Sanford Siegal, Sanford Siegal, D.O. D.O., M.D., 1984

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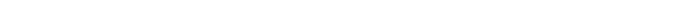
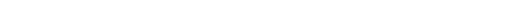
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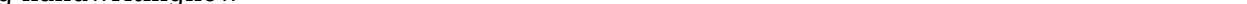
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