

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

Weight Loss Plan 2025 Setup

Puja Mehta



Weight Loss Plan 2025 Setup:

Enjoying the Song of Term: An Emotional Symphony within **Weight Loss Plan 2025 Setup**

In a global eaten by displays and the ceaseless chatter of instantaneous connection, the melodic elegance and psychological symphony produced by the prepared word often fade in to the back ground, eclipsed by the relentless noise and disruptions that permeate our lives. Nevertheless, nestled within the pages of **Weight Loss Plan 2025 Setup** an enchanting literary value brimming with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that charming masterpiece conducts viewers on an emotional journey, skillfully unraveling the concealed tunes and profound influence resonating within each cautiously crafted phrase. Within the depths of this poignant examination, we shall investigate the book is central harmonies, analyze their enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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