

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 How To

**Joy Bauer, Editors Of Prevention
Magazine**



Weight Loss Plan How To:

Whispering the Strategies of Language: An Psychological Quest through **Weight Loss Plan How To**

In a digitally-driven earth where screens reign great and instant transmission drowns out the subtleties of language, the profound secrets and mental nuances concealed within phrases usually get unheard. Yet, nestled within the pages of **Weight Loss Plan How To** a interesting literary treasure sporting with natural emotions, lies a fantastic quest waiting to be undertaken. Composed by a talented wordsmith, this marvelous opus attracts viewers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the material of each and every word. Within the mental depths of the emotional review, we will embark upon a honest exploration of the book is key themes, dissect its captivating writing fashion, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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