

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 Best Returns

RD Boyd



Weight Loss Plan Best Returns:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Weight Loss Plan Best Returns**

In a world inundated with screens and the cacophony of instantaneous interaction, the profound energy and mental resonance of verbal artistry frequently disappear into obscurity, eclipsed by the continuous barrage of noise and distractions. However, located within the musical pages of **Weight Loss Plan Best Returns**, a interesting work of literary elegance that pulses with natural feelings, lies an memorable trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this exciting opus guides readers on an emotional odyssey, gently revealing the latent potential and profound influence embedded within the intricate web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is main styles, dissect its interesting publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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