# 8 WEEK

# fat burning WEIGHT LOSS WORKOUT PLAN

# week i

#### 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

#### WWW.FITNESSCHAT.CO

#### 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

VISIT: WWW.FITNESSCHAT.CO FOR THE FULL WORKOUT PLAN

# **Weight Loss Plan How To Tutorial**

**Gerald Williams** 

Weight Loss Plan How To Tutorial:

Whispering the Secrets of Language: An Mental Quest through Weight Loss Plan How To Tutorial

In a digitally-driven earth wherever monitors reign supreme and instant transmission drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within words often get unheard. Yet, set within the pages of **Weight Loss Plan How To Tutorial** a fascinating fictional prize pulsing with natural emotions, lies an extraordinary journey waiting to be undertaken. Penned by a talented wordsmith, that wonderful opus invites viewers on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within ab muscles cloth of every word. Within the mental depths of this touching review, we shall embark upon a genuine exploration of the book is key styles, dissect its charming writing type, and fail to the strong resonance it evokes heavy within the recesses of readers hearts.

http://nevis.hu/About/detail/default.aspx/X%20App%20This%20Month.pdf

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