# 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

# **Streaming Top Shows Weight Loss Plan Review**

**S Marginson** 

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<u>Railway Review</u> ,1897 **Nutrition Abstracts and Reviews** ,1992 

<u>Weekly World News</u> ,1997-09-23 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www weeklyworldnews com is a leading entertainment news site

Showmen's Motion Picture Trade Review ,1945 The New York Times Book Review ,1986 Presents extended reviews of noteworthy books short reviews essays and articles on topics and trends in publishing literature culture and the arts Includes lists of best sellers hardcover and paperback Field and Stream ,2000 Railway and Engineering Review ,1897 Applied Mechanics Reviews ,1968 West Coast Review of Books ,1989 Brewers' Journal and Hop and Malt Trades' Review ,1922 Farmers' Review ,1895 Esquire ,1939 Railway and Engineering Review ,1903

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