

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 Nfl Schedule Ideas

Rachel S Tattersall



Weight Loss Plan Nfl Schedule Ideas:

Adopting the Tune of Phrase: An Emotional Symphony within **Weight Loss Plan Nfl Schedule Ideas**

In some sort of used by screens and the ceaseless chatter of immediate connection, the melodic elegance and psychological symphony produced by the published term frequently disappear into the back ground, eclipsed by the relentless noise and interruptions that permeate our lives. Nevertheless, set within the pages of **Weight Loss Plan Nfl Schedule Ideas** a charming literary value full of raw feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that interesting masterpiece conducts readers on a mental trip, well unraveling the hidden tunes and profound impact resonating within each carefully crafted phrase. Within the depths of this touching analysis, we can discover the book is key harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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