## 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

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#### 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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### **Weight Loss Plan How To**

Ian Smith

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