

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 Guide

Mark Steyvers

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located on the right side of the light blue bar.

Weight Loss Plan Guide:

Whispering the Secrets of Language: An Mental Journey through **Weight Loss Plan Guide**

In a digitally-driven world wherever displays reign great and instant communication drowns out the subtleties of language, the profound secrets and psychological nuances hidden within phrases frequently get unheard. However, nestled within the pages of **Weight Loss Plan Guide** a captivating literary prize sporting with natural feelings, lies an exceptional journey waiting to be undertaken. Composed by an experienced wordsmith, that marvelous opus attracts viewers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the very cloth of each and every word. Within the emotional depths with this touching evaluation, we can embark upon a sincere exploration of the book is primary styles, dissect its charming publishing style, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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