

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

Susan McQuillan, Edward J. Saltzman



Weight Loss Plan Guide:

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

In a digitally-driven world where screens reign supreme and immediate interaction drowns out the subtleties of language, the profound strategies and emotional nuances hidden within phrases often move unheard. Yet, nestled within the pages of **Weight Loss Plan Guide** a captivating fictional prize sporting with organic feelings, lies an exceptional journey waiting to be undertaken. Penned by an experienced wordsmith, that charming opus attracts readers on an introspective trip, softly unraveling the veiled truths and profound impact resonating within ab muscles cloth of each and every word. Within the mental depths with this moving review, we can embark upon a sincere exploration of the book is core subjects, dissect its interesting publishing style, and succumb to the strong resonance it evokes serious within the recesses of readers hearts.

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