

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

JS Bruner



Weight Loss Plan Guide:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Weight Loss Plan Guide**

In a world inundated with monitors and the cacophony of instant conversation, the profound power and mental resonance of verbal beauty often disappear into obscurity, eclipsed by the constant barrage of noise and distractions. Yet, located within the musical pages of **Weight Loss Plan Guide**, a captivating function of literary brilliance that pulses with fresh feelings, lies an wonderful trip waiting to be embarked upon. Written by a virtuoso wordsmith, this magical opus guides readers on an emotional odyssey, softly revealing the latent potential and profound impact embedded within the delicate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is central themes, dissect its fascinating writing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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