

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

Peipei Pang



Weight Loss Plan Guide:

Enjoying the Track of Expression: An Emotional Symphony within **Weight Loss Plan Guide**

In a world taken by displays and the ceaseless chatter of immediate interaction, the melodic beauty and psychological symphony produced by the written word often disappear in to the back ground, eclipsed by the constant sound and interruptions that permeate our lives. But, set within the pages of **Weight Loss Plan Guide** a marvelous fictional treasure brimming with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this interesting masterpiece conducts visitors on a psychological journey, skillfully unraveling the hidden melodies and profound affect resonating within each carefully constructed phrase. Within the depths with this poignant analysis, we shall examine the book is key harmonies, analyze its enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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