

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

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CL Gary



Weight Loss Plan Top:

Whispering the Techniques of Language: An Psychological Journey through **Weight Loss Plan Top**

In a digitally-driven world where monitors reign great and immediate conversation drowns out the subtleties of language, the profound techniques and psychological subtleties hidden within phrases often go unheard. Yet, situated within the pages of **Weight Loss Plan Top** a captivating fictional prize pulsating with raw emotions, lies an extraordinary journey waiting to be undertaken. Written by a talented wordsmith, that marvelous opus invites viewers on an introspective journey, gently unraveling the veiled truths and profound influence resonating within the very fabric of each word. Within the psychological depths with this poignant review, we shall embark upon a sincere exploration of the book is primary themes, dissect their fascinating publishing fashion, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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