

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 Usa

Mark Steyvers

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name Mark Steyvers.

Weight Loss Plan Usa:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Weight Loss Plan Usa**

In a global inundated with screens and the cacophony of quick communication, the profound power and mental resonance of verbal art often diminish into obscurity, eclipsed by the constant onslaught of sound and distractions. However, located within the lyrical pages of **Weight Loss Plan Usa**, a charming function of fictional brilliance that pulses with natural thoughts, lies an wonderful trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this enchanting opus instructions readers on an emotional odyssey, lightly exposing the latent potential and profound affect stuck within the intricate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is main subjects, dissect their captivating publishing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

https://intelliborn.com/book/publication/default.aspx/Negotiating_Parent_Adolescent_Conflict_Negotiating_Parent_Adolescent_Conflict.pdf

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