

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

Dr. W. Ness



Weight Loss Plan Guide:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Weight Loss Plan Guide**

In a world inundated with monitors and the cacophony of immediate connection, the profound power and mental resonance of verbal art often disappear into obscurity, eclipsed by the constant barrage of noise and distractions. Yet, set within the lyrical pages of **Weight Loss Plan Guide**, a fascinating function of literary brilliance that pulses with raw feelings, lies an unique trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this enchanting opus instructions visitors on a psychological odyssey, gently exposing the latent possible and profound affect stuck within the delicate web of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is main subjects, dissect their captivating writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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