

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

Susan McQuillan, Edward J. Saltzman

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Weight Loss Plan Guide:

Unveiling the Power of Verbal Art: An Emotional Sojourn through **Weight Loss Plan Guide**

In some sort of inundated with displays and the cacophony of fast connection, the profound energy and emotional resonance of verbal artistry frequently disappear into obscurity, eclipsed by the constant assault of noise and distractions. However, situated within the lyrical pages of **Weight Loss Plan Guide**, a fascinating work of fictional brilliance that pulses with natural feelings, lies an memorable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, that magical opus courses readers on an emotional odyssey, lightly exposing the latent possible and profound influence embedded within the complex internet of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is main subjects, dissect its interesting publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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