

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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from roast dinners to curries and pasta dishes In conjunction with the information and advice given in The CSIRO and Baker
IDI Diabetes Diet and Lifestyle Plan this collection of recipes will help you improve your health manage your weight and feed
your family and friends healthy satisfying and tasty food Eat well stay active and take control **The Butter, Cheese and
Milk Products Journal** ,1952 **Softwhere** ,1985 Manufactured Milk Products Journal ,1952 The Oriental 7-day
Quick Weight-off Diet Norvell,John Heinerman,1996 Designed as a guide to weight loss without hunger this book includes
diet and nutrition information from all the countries of the Pacific Rim *The National Provisioner* ,1928 *American
Machinist* ,1910 Health Care - Softwhere Joseph Halligan,1985 **Gray's Plumbing Design and Installation** William
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