

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 Stagram Picks Compare

Minjie Lin



Weight Loss Plan Stagram Picks Compare:

Whispering the Strategies of Language: An Mental Journey through **Weight Loss Plan Stagram Picks Compare**

In a digitally-driven world where screens reign great and immediate transmission drowns out the subtleties of language, the profound techniques and mental nuances hidden within phrases often go unheard. However, nestled within the pages of **Weight Loss Plan Stagram Picks Compare** a fascinating fictional treasure sporting with organic feelings, lies an extraordinary quest waiting to be undertaken. Penned by a talented wordsmith, this charming opus invites viewers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within ab muscles fabric of every word. Within the psychological depths of the emotional evaluation, we can embark upon a honest exploration of the book is key styles, dissect its charming writing design, and yield to the strong resonance it evokes strong within the recesses of readers hearts.

https://intelliborn.com/public/browse/Documents/Mckesson_Interqual_Training.pdf

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