

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

WWW.FITNESSCHAT.CO

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THE FULL WORKOUT PLAN**

Weight Loss Plan How To

Wolfgang Guggemos

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

Weight Loss Plan How To:

Whispering the Techniques of Language: An Mental Quest through **Weight Loss Plan How To**

In a digitally-driven world where displays reign supreme and quick interaction drowns out the subtleties of language, the profound strategies and psychological nuances hidden within words usually go unheard. However, situated within the pages of **Weight Loss Plan How To** a captivating literary prize blinking with organic feelings, lies a fantastic quest waiting to be undertaken. Written by an experienced wordsmith, this charming opus attracts visitors on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within the material of every word. Within the emotional depths with this emotional evaluation, we will embark upon a honest exploration of the book is primary subjects, dissect its interesting writing model, and succumb to the powerful resonance it evokes deep within the recesses of readers hearts.

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