

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**

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RJ Shavelson



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In a world inundated with screens and the cacophony of immediate transmission, the profound power and mental resonance of verbal beauty frequently disappear in to obscurity, eclipsed by the constant onslaught of sound and distractions. Yet, set within the musical pages of **Weight Loss Plan Romantasy Books This Week**, a fascinating function of fictional splendor that pulses with fresh feelings, lies an remarkable journey waiting to be embarked upon. Penned with a virtuoso wordsmith, this exciting opus instructions readers on a psychological odyssey, gently revealing the latent possible and profound influence stuck within the elaborate web of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is central subjects, dissect its captivating writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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