

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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L Darling-Hammond



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Sketch ,1897 The Nation ,1916 **The Spur** ,1916 Mr. Food, Yes You Can Art Ginsburg,2001 Nearly ten million fans tune in daily to watch Mr Food s syndicated TV program The popular chef and cookbook author is renowned for his simple style and great personality In his newest release Mr Food teaches readers how to prepare healthy versions of familiar favorite meals Also included in the book are complete nutritional analyses diabetic exchanges and helpful charts and diagrams *Good Housekeeping* ,1923 **The Sketch** ,1899 **Truth** ,1927 The Saturday Review of Politics, Literature, Science and Art ,1906 New York ,1989-08 Report on the Working of the Chinese Post Office China. You zheng zong ju,1911 The Billboard ,1926 **Working Woman** ,1991 *The Graphic* ,1916 Mademoiselle ,1987
Speaker's Lifetime Library Leonard Spinrad,Thelma Spinrad,1998-06 This wordsmith s collection of pithy quotations witty aphorisms captivatinganecdotes apt comparisons historical allusions and insightful observationsis perfect for all occasions **The Pharmaceutical Era** ,1891

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