

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 Tips

Editors of Reader's Digest



Weight Loss Plan Tips:

Adopting the Tune of Expression: An Psychological Symphony within **Weight Loss Plan Tips**

In a global used by displays and the ceaseless chatter of instantaneous interaction, the melodic beauty and mental symphony produced by the published word often diminish in to the background, eclipsed by the relentless noise and disruptions that permeate our lives. But, situated within the pages of **Weight Loss Plan Tips** a charming fictional treasure brimming with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, this fascinating masterpiece conducts visitors on an emotional trip, well unraveling the concealed melodies and profound influence resonating within each carefully crafted phrase. Within the depths of the moving evaluation, we shall investigate the book is key harmonies, analyze their enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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