

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 How To

Guillaume Favre

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:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Weight Loss Plan How To**

In some sort of inundated with screens and the cacophony of instant connection, the profound power and psychological resonance of verbal art usually fade in to obscurity, eclipsed by the continuous assault of noise and distractions. Yet, situated within the lyrical pages of **Weight Loss Plan How To**, a charming work of literary splendor that pulses with raw feelings, lies an memorable journey waiting to be embarked upon. Composed with a virtuoso wordsmith, this mesmerizing opus books readers on a psychological odyssey, lightly exposing the latent potential and profound impact stuck within the complex web of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is central styles, dissect their interesting publishing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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