

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

DP Hallahan

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

Weight Loss Plan Tips:

Embracing the Beat of Term: An Psychological Symphony within **Weight Loss Plan Tips**

In some sort of used by monitors and the ceaseless chatter of immediate connection, the melodic splendor and mental symphony produced by the written term usually fade in to the background, eclipsed by the constant sound and distractions that permeate our lives. However, nestled within the pages of **Weight Loss Plan Tips** a stunning literary value full of fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, this charming masterpiece conducts viewers on a psychological trip, skillfully unraveling the concealed songs and profound impact resonating within each carefully constructed phrase. Within the depths of this touching assessment, we can discover the book is key harmonies, analyze its enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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