

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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Dog Helps Those (Cozy Dog Mystery): #3 in the Golden Retriever Mystery Series (Golden Retriever Mysteries) Neil S Plakcy, 2023-10-19 It's almost time for graduation and Eastern College is in trouble. A prominent alumna is dead and a faulty computer program is jeopardizing student records and financial aid. It's up to Steve and Rochester to dig into the situation and retrieve the culprits. Rita Gaines wasn't a nice person, but she did love her dogs and most of her clients respected her financial acumen and her talent in training dogs for agility trials. When she's found dead, there's a long line of potential suspects from Wall Street whiz kids to doting doggie daddies, including one of Steve's former students. Felae is an art prodigy now studying with Steve's girlfriend Lili, chair of Eastern's Fine Arts department, and Rita hated his controversial senior project. When she tried to have his scholarship cancelled, he threatened to kill her. But is he the villain behind her death? In between helping Steve's high school friend Rick track the killer, Rochester practices darting around weave poles and jumping over limbo poles while Steve helps shepherd the college toward the completion of another academic year. It's spring in Stewart's Crossing and old friends and their dogs gather together to investigate and eventually to celebrate.

Men's Health, 2008-01 Men's Health magazine contains daily tips and articles on fitness, nutrition, relationships, sex, career, and lifestyle. *Health*, 1988 **Truth**, 1907 The Ageing Dog, Carl Gorman, 1995 A complete guide to caring for your elderly pet and helping him get the most from life. **Prairie Farmer**, 1882 New York Magazine, 1985-11-18 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea. **New York Magazine**, 1985-06-17 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea.

Backpacker, 2001-03 Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature, and product innovation, has become the gold standard against which all other outdoor industry awards are measured. **The New York Times Book Review**, 1991-07 Harper's Bazaar, 1896 **The New York Times Magazine**, 1976 **The Advocate**, 2004-01-20 The Advocate is a lesbian, gay, bisexual, transgender, LGBT monthly newsmagazine. Established in 1967, it is the oldest continuing

LGBT publication in the United States *The Maritime Farmer and Co-operative Dairyman* ,1925 **The Advocate**
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