

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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M Lipman



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Obesity: Pathology and Therapy Dean H. Lockwood, Thomas G. Heffner, 2012-12-06 Obesity is a serious medical problem that affects millions of people especially in Western societies Although long considered a complicating factor in a variety of diseases there is now widespread agreement that obesity itself should be classified and treated as a disease and that it has important consequences for personal health quality of life and cost to society Understanding obesity and the means of treating it have been hampered in the past There have been misperceptions that obesity is a behavioral disorder and that its treatments provides only cosmetic benefits Pharmacologic approaches to treatment have suffered from problems of limited efficacy reduced activity upon chronic use and serious side effects including abuse liability cardiac disease hypertension and respiratory complications Finally there has been a proliferation of consumer and natural products with unproven benefits This book attempts to address both the problems associated with obesity and the approaches to treating it In the first section devoted to pathology Drs DIGIROLAMO HARP and STEVENS elaborate in Chap 1 on how obesity and its medical complications develop As described by Dr PI SUNYER in Chap 2 obesity is a disease seen most often in affluent Western societies and is associated with the aforementioned medical problems as well as Type II diabetes mellitus and gallbladder disease Drs CHAGNON PERUSSE and BOUCHARD review the human genetics of obesity in Chap 3 and Drs

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