

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 Guide

G Thomas

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

Weight Loss Plan Guide:

Enjoying the Beat of Phrase: An Psychological Symphony within **Weight Loss Plan Guide**

In a world consumed by displays and the ceaseless chatter of immediate conversation, the melodic elegance and mental symphony created by the published word often disappear in to the backdrop, eclipsed by the relentless noise and interruptions that permeate our lives. Nevertheless, set within the pages of **Weight Loss Plan Guide** an enchanting literary value filled with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, that interesting masterpiece conducts visitors on an emotional trip, well unraveling the hidden melodies and profound impact resonating within each carefully constructed phrase. Within the depths of this touching examination, we will explore the book is key harmonies, analyze its enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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