

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 Science Experiments Top

Jicheng Xie



Weight Loss Plan Science Experiments Top:

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In a digitally-driven earth wherever displays reign supreme and instant interaction drowns out the subtleties of language, the profound techniques and psychological subtleties hidden within phrases frequently get unheard. However, situated within the pages of **Weight Loss Plan Science Experiments Top** a captivating literary treasure pulsing with organic emotions, lies an exceptional quest waiting to be undertaken. Published by an experienced wordsmith, this charming opus encourages viewers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the very cloth of every word. Within the psychological depths of the emotional review, we can embark upon a honest exploration of the book is key themes, dissect its interesting writing model, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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