

# 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 Near Me

**Mike Jess**



**Weight Loss Plan Near Me:**

## Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Weight Loss Plan Near Me**

In some sort of inundated with displays and the cacophony of instantaneous communication, the profound energy and emotional resonance of verbal beauty often diminish into obscurity, eclipsed by the regular onslaught of sound and distractions. However, nestled within the lyrical pages of **Weight Loss Plan Near Me**, a captivating work of fictional splendor that pulses with organic feelings, lies an unforgettable journey waiting to be embarked upon. Written with a virtuoso wordsmith, that exciting opus manuals visitors on an emotional odyssey, softly exposing the latent possible and profound affect stuck within the complicated internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is central styles, dissect their charming publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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