

8 week at home

WORKOUT PLAN FOR WEIGHT LOSS

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WEEK 5

MONDAY

- 1 minute high knees
- 12 dumbbell deadlifts x3
- 12 goblet squats x3
- 12 side lunges
- 12 kettlebell swings x3
- 12 donkey kicks
- 80 jump rope
- 12 lunges x3
- 12 glute bridges x3
- 12 jump squats x3
- 80 jump rope

TUESDAY

- 12 triceps kickbacks x3
- 12 push-ups x3
- 12 standing bicep curls x3
- 100 jump rope x3
- 12 tricep dips x3
- 12 hammer curls x3
- 12 overhead shoulder press x3
- 60 jump rope x3

WEDNESDAY

- 120 jump rope
- 30-sec planks
- 45-sec mountain climbers
- 30-sec plank
- 25 bicycle crunches
- 30 sec plank
- 120 jump rope
- 25 v crunches
- 20 burpees
- 25 v crunches
- 25 bicycle crunches
- 20 v crunches
- 25 bicycle crunches
- 20 burpees

THURSDAY

- 1 minute high knees
- 12 dumbbell deadlifts x3
- 12 goblet squats x3
- 1 minute high knees
- 12 side lunges
- 12 kettlebell swings x3
- 12 donkey kicks
- 1 minute high knees
- 12 lunges x3
- 12 glute bridges x3
- 12 jump squats x3
- 1 minute high knees

FRIDAY

- 200 jump rope
- 12 triceps kickbacks x3
- 12 push-ups x3
- 12 standing bicep curls x3
- 100 jump rope x3
- 12 tricep dips x3
- 12 hammer curls x3
- 12 overhead shoulder press x3
- 100 jump rope x3

SATURDAY

- 120 jump rope
- 30 sec planks
- 45 sec mountain climbers
- 30 sec plank
- 25 bicycle crunches
- 30 sec plank
- 120 jump rope
- 25 v crunches
- 100 jump rope
- 25 v crunches
- 25 bicycle crunches
- 20 v crunches
- 25 bicycle crunches
- 100 jump rope

SUNDAY

- Rest & recovery

When you feel like quitting
remember why you started

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Weight Loss Plan Top Setup

Jianjun Gao



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17 Day Diet Bible: The Ultimate Cheat Sheet & 50 Top Cycle 1 Recipes Samantha Michaels,2014-04-01 The 17 Day Diet Bible offers a safe effective and lasting way for shedding some pounds Unlike many programs that will just starve you to lose weight this encourages you to eat well and exercises well to lose those pounds The program walks you through from detoxification to eating well and losing pounds permanently The step by step cheat sheet will help you document progress and it also makes implementing this diet easy The 17 Day Diet Bible also helps you avoid mistakes dieters tend to make but instead it will help you to rapid weight loss safely effectively and permanently This is a simple plan to follow with long lasting results if you really put your heart into it The 17 Day Diet Bible also comes with 50 delicious healthy and diet friendly recipes that can go along with your diet

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Quality in Obesity Treatment John M. Morton, Stacy A. Brethauer, Eric J. DeMaria, Scott Kahan, Matthew M. Hutter, 2019-10-15 This book

reviews quality definition measurement improvement value and accountability for obesity management The interplay between quality cost access and satisfaction is fully depicted with a goal toward not only fulfilling current standards but also anticipating future needs A thorough inventory of current best practices in all aspects of obesity care is cataloged with a gap analysis also employed for potential areas of improvement to be road mapped All chapters are written by experts in their fields and include the most up to date scientific and clinical information take home messages and questions towards following the requirements of quality certification in obesity management Quality in Obesity Treatment provides a comprehensive contemporary review of this field and serves as a valuable resource for Bariatric Surgeons Primary Care Physicians Policy Makers Insurance Administrators Bariatricians and any medical specialty interested in obesity quality management with likely candidates coming from GI endocrinology cardiology sleep medicine and orthopedics *Comprehensive Cardiovascular Medicine in the Primary Care Setting* Peter P. Toth, Christopher P. Cannon, 2018-12-13 The thoroughly updated second edition of this key textbook provides an authoritative discussion of cardiovascular disease for the practicing primary care clinician It examines a variety of disease states with emphasis on risk factors risk estimation and established cardiac disease The book also explores the co morbid conditions that surround cardiovascular disease It includes key points algorithms case studies recommendations on evidence based practice and summary boxes A key resource for the busy practitioner the Second Edition of *Comprehensive Cardiovascular Medicine in the Primary Care Setting* is designed to give residents fellows and primary care physicians the skills to confidently perform assessments initiate and maintain efficacious therapy and know when a referral to a cardiologist is advisable **The Calcium Key** Michael Zemel, Ph.D., Bill Gottlieb, 2007-08-24 Speed up your metabolism and lose weight with the revolutionary weight loss program found in *The Calcium Key* Wow a diet book that is actually based on science At long last a book that combines the valid research to support its claims simple explanations on determining how to put the proven methods into action and meal plans and recipes to encourage the reader I literally went and got myself a piece of cheese as I read chapter three and have added low fat yogurt to my shopping list Alice Domar Ph D author of the bestselling *Self Nurture* Assistant Professor at Harvard Medical School and Director of the Mind Body Center for Women s Health at Boston IVF *The Calcium Key* is a new direction for weight loss that is healthy tasty and easy Getting three servings a day of low fat milk cheese or yogurt instead of some of your current choices will burn fat reduce calories and change how your body looks George L Blackburn M D Ph D S Daniel Abraham Associate Professor of Nutrition Harvard Medical School and Chief Nutrition Metabolism Laboratory Beth Israel Deaconess Medical Center Zemel paints on an amazingly broad canvas He shows how calcium operates at every step of the way and why a high calcium intake is important for everyone throughout life Robert P Heaney M D John A Creighton University Professor and Professor of Medicine at Creighton University Now the truth can be revealed cheese yogurt and milk are all powerful ingredients in the war against fat Now you can enjoy the low fat dairy foods you like as part of a

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