

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 Ideas

RJ Alexander



Weight Loss Plan Ideas:

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Weight Loss Plan Ideas**

In a global inundated with displays and the cacophony of fast transmission, the profound energy and emotional resonance of verbal artistry often fade into obscurity, eclipsed by the constant barrage of noise and distractions. Yet, nestled within the musical pages of **Weight Loss Plan Ideas**, a interesting perform of literary beauty that impulses with raw thoughts, lies an wonderful journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, this enchanting opus courses visitors on a psychological odyssey, lightly exposing the latent potential and profound influence stuck within the elaborate web of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is main subjects, dissect their interesting publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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