

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

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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 Top Tutorial

F Rizvi



Weight Loss Plan Top Tutorial:

Adopting the Track of Expression: An Psychological Symphony within **Weight Loss Plan Top Tutorial**

In a world consumed by displays and the ceaseless chatter of quick transmission, the melodic splendor and emotional symphony created by the published term frequently diminish in to the background, eclipsed by the persistent noise and disturbances that permeate our lives. But, set within the pages of **Weight Loss Plan Top Tutorial** a stunning fictional prize full of raw emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, this charming masterpiece conducts readers on a psychological journey, well unraveling the hidden songs and profound affect resonating within each cautiously crafted phrase. Within the depths of this emotional evaluation, we will examine the book is central harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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