

# 8 Week WEIGHT LOSS EXERCISE PLAN

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

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## 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

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## SUNDAY

Rest & recovery

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**Jin-Ying Zhang**



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