

# 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

**Chao Zhang**



## **Weight Loss Plan Ideas:**

## Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Weight Loss Plan Ideas**

In some sort of inundated with monitors and the cacophony of quick conversation, the profound energy and mental resonance of verbal beauty usually fade into obscurity, eclipsed by the regular barrage of sound and distractions. However, located within the lyrical pages of **Weight Loss Plan Ideas**, a captivating function of literary splendor that pulses with organic thoughts, lies an wonderful journey waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this enchanting opus instructions visitors on a mental odyssey, lightly exposing the latent potential and profound affect stuck within the complicated web of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is main subjects, dissect their fascinating publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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