

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 Prices Tutorial

JS Bruner



Weight Loss Plan Prices Tutorial:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Weight Loss Plan Prices Tutorial**

In a global inundated with displays and the cacophony of quick connection, the profound power and psychological resonance of verbal beauty frequently diminish into obscurity, eclipsed by the constant assault of sound and distractions. Yet, located within the lyrical pages of **Weight Loss Plan Prices Tutorial**, a interesting work of literary elegance that impulses with natural thoughts, lies an memorable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, this mesmerizing opus books visitors on an emotional odyssey, gently exposing the latent potential and profound influence stuck within the intricate web of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is key themes, dissect their fascinating writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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