

6 WEEK

fat burning

WORKOUT PLAN

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 TRICEP 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

WEDNESDAY

- 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

THURSDAY

- 10 STEP UPS X3
- 12 SINGLE DEADLIFTS X3 EACH LEG
- 12 BARBELL SQUATS X3
- 12 DUMBBELL DEADLIFTS X3
- 15 ROCKSTAR JUMPS
- 12 GOBLET SQUATS X 3
- 12 SINGLE LEG GLUTE BRIDGES X3 EACH LEG
- 12 ROCKSTAR JUMPS
- 12 KETTLEBELL SWINGS X4
- 12 SIDE LUNGES X4
- 20 ROCKSTAR JUMPS

FRIDAY

- 150 JUMP ROPE
- 12 TRICEPS KICKBACKS X3
- 12 PUSH-UPS X3
- 12 STANDING BICEP CURLS X3
- 30 MOUNTAIN CLIMBERS X3
- 12 TRICEP DIPS X3
- 12 HAMMER CURLS X3
- 30 MOUNTAIN CLIMBERS
- 12 OVERHEAD
- SHOULDER PRESS X3
- 150 JUMP ROPE

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

Weight Loss Plan Best

Alida Frances Pattee



Weight Loss Plan Best:

The Top Books of the Year Weight Loss Plan Best The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Weight Loss Plan Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Weight Loss Plan Best : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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