

# 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

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**Anthony S. Fauci**



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 $32 \cdot 2 \cdot 16 \cdot 2 \cdot 8 \cdot 2 \cdot 4$  and  $4 \cdot 2 \cdot 2$  extrapolating from this pattern an exponent of 0 will result in

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web dec 1 2011 this standard applies for pipes made of polyethylene pe pe 80 and pe 100 and melt flow indices from nominal 0 2 g 10 min up to 1 4 g 10 min din en iso 1872 1 condition t which meet the requirements according to din 8075 this standard is also valid for the dimensions and operating pressures of pipes made of coextruded layers