

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 Top Returns

Ying-Ying Zheng



Weight Loss Plan Top Returns:

Whispering the Secrets of Language: An Emotional Journey through **Weight Loss Plan Top Returns**

In a digitally-driven earth where displays reign great and instant interaction drowns out the subtleties of language, the profound strategies and emotional nuances concealed within words usually go unheard. However, situated within the pages of **Weight Loss Plan Top Returns** a charming fictional prize sporting with raw feelings, lies an exceptional journey waiting to be undertaken. Written by a skilled wordsmith, this charming opus attracts readers on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within ab muscles material of every word. Within the emotional depths with this moving review, we can embark upon a heartfelt exploration of the book is key subjects, dissect its captivating publishing design, and succumb to the effective resonance it evokes serious within the recesses of readers hearts.

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