

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 Near Me

D Keegan



Weight Loss Plan Near Me:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **Weight Loss Plan Near Me**

In some sort of inundated with displays and the cacophony of instantaneous interaction, the profound energy and emotional resonance of verbal beauty usually disappear in to obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, situated within the musical pages of **Weight Loss Plan Near Me**, a captivating work of literary brilliance that pulses with raw emotions, lies an unique trip waiting to be embarked upon. Composed with a virtuoso wordsmith, that exciting opus instructions readers on a psychological odyssey, softly exposing the latent potential and profound influence stuck within the intricate internet of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is main themes, dissect their captivating writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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