

8 Week WEIGHT LOSS EXERCISE PLAN

Week 5

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 triceps 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

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WEDNESDAY

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
20 burpees
25 v crunches
25 bicycle crunches
20 v crunches
25 bicycle crunches
20 burpees

THURSDAY

1 minute high knees
12 dumbbell deadlifts x3
12 goblet squats x3
1 minute high knees
12 side lunges
12 kettlebell swings x3
12 donkey kicks
1 minute high knees
12 lunges x3
12 glute bridges x3
12 jump squats x3
1 minute high knees

FRIDAY

200 jump rope
12 triceps 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
100 jump rope x3

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
20 v crunches
25 bicycle crunches
100 jump rope

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SUNDAY

Rest & recovery

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Weight Loss Plan Guide Sign In

Roman Wölfel



Weight Loss Plan Guide Sign In:

The book delves into Weight Loss Plan Guide Sign In. Weight Loss Plan Guide Sign In is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Weight Loss Plan Guide Sign In, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Weight Loss Plan Guide Sign In
 - Chapter 2: Essential Elements of Weight Loss Plan Guide Sign In
 - Chapter 3: Weight Loss Plan Guide Sign In in Everyday Life
 - Chapter 4: Weight Loss Plan Guide Sign In in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Weight Loss Plan Guide Sign In. This chapter will explore what Weight Loss Plan Guide Sign In is, why Weight Loss Plan Guide Sign In is vital, and how to effectively learn about Weight Loss Plan Guide Sign In.
 3. In chapter 2, the author will delve into the foundational concepts of Weight Loss Plan Guide Sign In. The second chapter will elucidate the essential principles that must be understood to grasp Weight Loss Plan Guide Sign In in its entirety.
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 6. In chapter 5, the author will draw a conclusion about Weight Loss Plan Guide Sign In. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Weight Loss Plan Guide Sign In.

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