

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

Weight Loss Plan This Week Customer Service

Léo Pomar



Weight Loss Plan This Week Customer Service:

Whispering the Techniques of Language: An Emotional Quest through **Weight Loss Plan This Week Customer Service**

In a digitally-driven earth where monitors reign great and instant transmission drowns out the subtleties of language, the profound strategies and psychological nuances hidden within words usually get unheard. Yet, nestled within the pages of **Weight Loss Plan This Week Customer Service** a captivating fictional value pulsing with natural thoughts, lies an extraordinary quest waiting to be undertaken. Penned by an experienced wordsmith, this charming opus invites viewers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within the very fabric of each and every word. Within the psychological depths with this poignant review, we will embark upon a heartfelt exploration of the book's key subjects, dissect their fascinating writing style, and succumb to the powerful resonance it evokes heavy within the recesses of readers' hearts.

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