

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

Georgia G. Kostas



Weight Loss Plan Near Me:

Embracing the Melody of Phrase: An Mental Symphony within **Weight Loss Plan Near Me**

In some sort of taken by screens and the ceaseless chatter of immediate conversation, the melodic splendor and mental symphony created by the written term usually fade in to the backdrop, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, nestled within the pages of **Weight Loss Plan Near Me** a stunning fictional treasure brimming with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that captivating masterpiece conducts readers on an emotional journey, well unraveling the concealed songs and profound affect resonating within each carefully constructed phrase. Within the depths of the touching evaluation, we will discover the book is main harmonies, analyze their enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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