

# 6 WEEK

## fat burning

# WORKOUT PLAN

### 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 TRICEP 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

### WEDNESDAY

- 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

### THURSDAY

- 10 STEP UPS X3
- 12 SINGLE DEADLIFTS X3 EACH LEG
- 12 BARBELL SQUATS X3
- 12 DUMBBELL DEADLIFTS X3
- 15 ROCKSTAR JUMPS
- 12 GOBLET SQUATS X 3
- 12 SINGLE LEG GLUTE BRIDGES X3 EACH LEG
- 12 ROCKSTAR JUMPS
- 12 KETTLEBELL SWINGS X4
- 12 SIDE LUNGES X4
- 20 ROCKSTAR JUMPS

### FRIDAY

- 150 JUMP ROPE
- 12 TRICEPS KICKBACKS X3
- 12 PUSH-UPS X3
- 12 STANDING BICEP CURLS X3
- 30 MOUNTAIN CLIMBERS X3
- 12 TRICEP DIPS X3
- 12 HAMMER CURLS X3
- 30 MOUNTAIN CLIMBERS
- 12 OVERHEAD
- SHOULDER PRESS X3
- 150 JUMP ROPE

### 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

# Weight Loss Plan Best

**Albert A Gayle**



**Weight Loss Plan Best:**

## Unveiling the Magic of Words: A Review of "**Weight Loss Plan Best**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Weight Loss Plan Best**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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