

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

Chao Zhang



Weight Loss Plan Best:

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

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly 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 in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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