

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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O. Ray Whittington



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The Complete Idiot's Guide to Losing Weight Susan McQuillan,Edward J. Saltzman,1998 Common sense strategies for losing weight and keeping it off *American Dietetic Association Complete Food And Nutrition Guide, Rev Updated 4e* Roberta Larson Duyff,2012-02-03 The new edition of the ADA s flagship food and nutrition guide updated based on the very latest Dietary Guidelines for Americans With over 200 000 copies sold in all editions this award winning resource from the

world's leading authority on food and nutrition is packed with the latest healthy eating advice for those at every age and stage of life. In this completely revised and updated new edition you'll find up-to-date evidence-based practical answers for your many food and nutrition questions. This cornerstone guide from the American Dietetic Association, written by nationally recognized food and nutrition expert and registered dietitian Roberta Duyff, covers the basics on nutrition, managing weight, and healthy eating. It also provides easy steps and how-tos for selecting, preparing, and storing foods safely to get the most nutrition and flavor for your dollar and more. Comprehensive, accessible, and easy to use, this valuable reference shows how to make healthy food choices to fit any lifestyle. How to put the very latest Dietary Guidelines for Americans on food choices and physical activity into action. Latest guidance to prevent and manage today's health concerns such as heart disease, diabetes, cancer, food allergies, gluten intolerance, lactose intolerance, and many others. Simple practical tips and flexible food and nutrition skills that suit your needs and lifestyle, with ways to apply advice from USDA's MyPlate. Advice for healthy nutrition, eating, and cooking across the lifespan. Covers vegetarian eating, healthy restaurant options, culinary nutrition, and skills, healthy weight, nutrition supplements, and more. Interactive self-checks and websites to help you assess your own food choices and take steps to healthy eating.

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A Guide to the Special and Test Diets in Use at the University Hospital, Ann Arbor, Michigan Mark Marshall, 1911 *Complete Guide to Cost-effective Employee Benefit Programs* Joseph G. Kozlowski, Walter G. Oleksy, 1987 *Guide to Experiments Conducted at Burgoyne's (University) Farm, Impington, and at Other Centres in the Eastern Counties* University of Cambridge. Dept. of Agriculture, 1907 *Health Through Diet* Kenneth George Haig, 1913 *Sickroom Cookery and Hospital Diet* Maude Earle, 1910 **Indiana Farmer's Guide**, 1921 *Country Guide and Northwest Farmer*, 1928 *Farmers' Guide*, 1898 **The Doctor's Guide to Weight Loss Surgery** Louis Flancaum, Louis J. Flancaum, Erica Manfred, Deborah Flancaum, Deborah Biskin, 2001. One of the world's foremost experts on weight loss surgery takes you through the entire process from presurgical evaluation to postop care. Includes a section of what to do if your insurance policy excludes obesity treatment, how to determine when you can resume normal activities, and return to work, healthful recipes, patient success stories, and more.

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