

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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Materials and Methods for a Cardiovascular Disease Risk Factor Reduction Program Jeanne L. Tillotson, Stephen B. Hulley, 1985 Abstract A monograph for health professionals provides details on a special intervention program for preventing heart disease MRFIT covering counseling on how to adopt and maintain a nutritious fat controlled diet avoid weight gain abstain from cigarette smoking and comply with drug therapy for hypertension The health educational materials developed under this program in a 10 year 1972 82 multiple risk factor intervention trial are presented Included for each risk factor area are printed educational materials forms for monitoring the progress of individuals and an annotated listing of audiovisual materials and their availability *Obstetrics: Normal and Problem Pregnancies: 1st South Asia Edn-E Book* Steven Gabbe, Jennifer R. Niebyl, Joe Leigh Simpson, Eric R.M. Jauniaux, Deborah A. Driscoll, Vincenzo Berghella, Mark B. Landon, Henry L. Galan, William A. Grobman, 2016-09-15 Obstetrics Normal and Problem Pregnancies First South Asia Edition remains your go to choice for authoritative guidance on managing today's obstetric patient International experts put the latest knowledge in this specialty at your fingertips with current and relevant information on everything from fetal origins of adult disease to improving global maternal health to important topics in day to day obstetric practice Highly readable well illustrated and easy to understand this best selling obstetrics reference is an ideal tool for residents and clinicians Sweeping updates appear throughout including four new chapters Vaginal Birth After Cesarean Delivery Placenta Accreta Obesity and Improving Global Maternal Health Challenges and Opportunities New Glossary presents the most frequently used key abbreviations for easy reference Expanded use of bolded statements and key points as well as additional tables flow diagrams and bulleted lists facilitates and enhances the mastery of each chapter More than 100 images in the chapter on ultrasound provide an important resource for normal and abnormal fetal anatomy Collective wisdom of global experts in the field is offered **Report of the Registrar-General on the Returns of Agriculture and Live Stock** Queensland (Colony) Registrar General's Office, 1896 *How nature cures, comprising a new system of hygiene* Emmet Densmore, 1892 *Notes of Hospital practice v.1-2, 1880-81*, 1881 *Weekly World News*, 1985-02-12 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site *Working Mother*, 2001-08 The magazine that helps career moms balance their personal and professional lives **Diet and Exercise Made Easy** Sylvan R. Lewis, 1980-08 Abstract Diet and exercise programs for controlling weight and feeling healthy are described in a compact sized guidebook Individual caloric needs are calculated 3 diet programs 800 1000 1200 calories are described A 20 minute illustrated exercise program includes warm up deep breathing and spot reducing exercises Sample menus a personal weight chart and lists of foods analyzed for calories protein carbohydrate and fat are presented Steps are given for creating a variety of diet menus After weight loss maintaining the new weight through permanent diet and exercise programs is discussed rm

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