

8 week at home

WORKOUT PLAN FOR WEIGHT LOSS

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WEEK 5

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 triceps 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

- 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
- 20 burpees
- 25 v crunches
- 25 bicycle crunches
- 20 v crunches
- 25 bicycle crunches
- 20 burpees

THURSDAY

- 1 minute high knees
- 12 dumbbell deadlifts x3
- 12 goblet squats x3
- 1 minute high knees
- 12 side lunges
- 12 kettlebell swings x3
- 12 donkey kicks
- 1 minute high knees
- 12 lunges x3
- 12 glute bridges x3
- 12 jump squats x3
- 1 minute high knees

FRIDAY

- 200 jump rope
- 12 triceps 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
- 100 jump rope x3

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
- 20 v crunches
- 25 bicycle crunches
- 100 jump rope

SUNDAY

- Rest & recovery

When you feel like quitting
remember why you started

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Weight Loss Plan This Week Promo

Yan Bai

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Whispering the Secrets of Language: An Mental Journey through **Weight Loss Plan This Week Promo**

In a digitally-driven world where monitors reign great and instant interaction drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within words often move unheard. However, situated within the pages of **Weight Loss Plan This Week Promo** a interesting fictional treasure pulsing with raw emotions, lies a fantastic journey waiting to be undertaken. Composed by a skilled wordsmith, this marvelous opus invites viewers on an introspective trip, softly unraveling the veiled truths and profound impact resonating within the material of every word. Within the psychological depths with this emotional evaluation, we will embark upon a genuine exploration of the book is primary themes, dissect their charming publishing type, and fail to the effective resonance it evokes heavy within the recesses of readers hearts.

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