

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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THE FULL WORKOUT PLAN

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The Maker's Diet for Weight Loss Jordan Rubin, 2009 Based on the New York Times best seller *The Maker's Diet* The Maker's Diet for Weight Loss presents a 16 week program to help you achieve a healthy weight **Federal Register**, 1984-12-18 *Yuma Proving Ground Multipurpose Installation, Diversification of Mission and Changes to Land Use Draft Range Wide EIS*, 2001 **Doctor Schiff's One-day-at-a-time Weight-loss Plan** Martin M. Schiff, 1980 Electrical Installation Record, 1929 **Softwhere**, 1985 **Weekly World News**, 1988-01-26 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 *The Butter, Cheese and Milk Products Journal*, 1952 *Weight Loss for Life* Francesca A. Corso, 2001 **Manufactured Milk Products Journal**, 1952 **Processing**, 1996 *Health Care - Softwhere* Joseph Halligan, 1985 The Oriental 7-day Quick Weight-off Diet Norvell, John Heinerman, 1996 Designed as a guide to weight loss without hunger this book includes diet and nutrition information from all the countries of the Pacific Rim **The Oilman**, 1984 Metropolitan Management, Transportation and Planning, 1919 *Directory of Hardware and Software for the Foodservice Industry*, 1988 *The Ernst and Young Tax Guide 2008* Peter W. Bernstein, 2007-12-10 The top guide from America's leading tax and accounting firm The accessible format walks readers step by step through the filing process with sample forms and schedules demonstrating how to fill out a tax return line by line **The CSIRO and Baker IDI Diabetes Recipe Book** CSIRO, 2013-08-21 If you have type 2 diabetes you are not alone More than 1.5 million Australians have diabetes and more than twice that number are likely to develop diabetes in the next five to ten years The good news is that type 2 diabetes can be controlled so you can lead a normal life The right eating plan regular exercise and where necessary diabetes medication can make all the difference The CSIRO and Baker IDI Diabetes Recipe Book provides you with more than 100 delicious recipes for every occasion from feeding a family to hosting an elegant dinner party You may even be surprised to find things on the menu you thought you'd never eat again from smoothies and french toast to panna cotta and parfait from roast dinners to curries and pasta dishes In conjunction with the information and advice given in *The CSIRO and Baker IDI Diabetes Diet and Lifestyle Plan* this collection of recipes will help you improve your health manage your weight and feed your family and friends healthy satisfying and tasty food Eat well stay active and take control **Hitachi Review**, 1979 **The New Yorker**, 2004

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