

# 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

# Weight Loss Plan Promo Code This Week

**Christian G. Meyer**

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Kiplinger's Personal Finance ,2006-11 The most trustworthy source of information available today on

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**The New**

**York Times Magazine** ,2007

*Weekly World News* ,2002-04-30 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

hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site

*Good Housekeeping Magazine* ,2008

**TV Guide**

,2007

Prevention ,2008-06 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets

*Car and Driver* ,2006

**Good Housekeeping** ,2008

**Newsweek** ,2008

New York ,2007

Country Home ,2007

*People* ,2008-07

**Glamour** ,2006

**Country**

**Living** ,2007

**The Old Farmer's Almanac 1997** Judson D. Hale,1996 This annual favorite is as modern as its Internet

site as traditional as its tide tables and advice on planting by the Moon Chock a block with astronomical data common sense tips

recipes history and those famous long range weather forecasts the 1997 edition also includes a special 64 page section of unique and useful reference material on everything from General Rules for Pruning to The Sequence of Presidential Succession Illustrations

The Publishers Weekly ,2006

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