

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

VISIT: WWW.FITNESSCHAT.CO FOR
THE FULL WORKOUT PLAN

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Boreas M.L. Saage

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This guide delves into the science behind these benefits while making the principles accessible to newcomers. You'll discover how this eating pattern can be adapted to modern lifestyles without sacrificing authenticity or flavor. Explore the foundational elements of Mediterranean cuisine through seasonal recipes that highlight fresh vegetables, legumes, whole grains, olive oil, and moderate amounts of fish. Each chapter guides you through practical implementation strategies from stocking your pantry with Mediterranean essentials to planning balanced meals throughout the week. What sets this guide apart is its focus on the Green Mediterranean diet, an enhanced version of the traditional approach that emphasizes even more plant-based foods and sustainable practices. Learn how these modifications can further amplify the health benefits while remaining true to Mediterranean culinary traditions. The book provides practical tips for beginners navigating this eating pattern, including guidance for dining out, preparing convenient lunch options, and adapting Mediterranean principles to different seasons. You'll find strategies for spring's fresh herbs, summer's cooling dishes, and warming winter meals all within the Mediterranean framework. Whether you're seeking sustainable weight management or simply want to enjoy the delicious flavors of Mediterranean cuisine, this guide offers the knowledge and recipes you need to incorporate these principles into your daily life for lasting health and culinary satisfaction.

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