

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 Top Clearance

Sebastian Brünink

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FDA Consumer ,1978 Progressive Maintenance Programs for General Motors Diesel Engines, Models 278 & 278A.
United States. Navy Department. Bureau of Ships, Proceedings of the Ocean Drilling Program Ocean Drilling
Program,1988 **Nutrition Abstracts and Reviews** ,1965 **Health** ,1990 Nutrition Care of the Older Adult
Kathleen C. Niedert, Consultant Dietitians in Health Care Facilities,1998 This revision of what was Nutrition Care in Nursing
Facilities includes up to date information on the nutrition care of the older adult It explores general physiological changes
and focuses on common maladies many of which can be addressed through an improved nutritional status It also discusses
The AOPA Pilot ,1998 **SYSTEM ON THE FARM A MANAGEMENT PLAN** PAUL HACKETT,1917 50th Annual
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White Journal ,1957 **Railroad Age Gazette** ,1881 **AIM/FAR 2003** Charles F. Spence,2002-09 McGraw Hill's AIM FAR is
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