

# 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**

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

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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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