

8 week at home

WORKOUT PLAN FOR WEIGHT LOSS

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WEEK 5

MONDAY

- 1 minute high knees
- 12 dumbbell deadlifts x3
- 12 goblet squats x3
- 12 side lunges
- 12 kettlebell swings x3
- 12 donkey kicks
- 80 jump rope
- 12 lunges x3
- 12 glute bridges x3
- 12 jump squats x3
- 80 jump rope

TUESDAY

- 12 triceps kickbacks x3
- 12 push-ups x3
- 12 standing bicep curls x3
- 100 jump rope x3
- 12 tricep dips x3
- 12 hammer curls x3
- 12 overhead shoulder press x3
- 60 jump rope x3

WEDNESDAY

- 120 jump rope
- 30-sec planks
- 45-sec mountain climbers
- 30-sec plank
- 25 bicycle crunches
- 30 sec plank
- 120 jump rope
- 25 v crunches
- 20 burpees
- 25 v crunches
- 25 bicycle crunches
- 20 v crunches
- 25 bicycle crunches
- 20 burpees

THURSDAY

- 1 minute high knees
- 12 dumbbell deadlifts x3
- 12 goblet squats x3
- 1 minute high knees
- 12 side lunges
- 12 kettlebell swings x3
- 12 donkey kicks
- 1 minute high knees
- 12 lunges x3
- 12 glute bridges x3
- 12 jump squats x3
- 1 minute high knees

FRIDAY

- 200 jump rope
- 12 triceps kickbacks x3
- 12 push-ups x3
- 12 standing bicep curls x3
- 100 jump rope x3
- 12 tricep dips x3
- 12 hammer curls x3
- 12 overhead shoulder press x3
- 100 jump rope x3

SATURDAY

- 120 jump rope
- 30 sec planks
- 45 sec mountain climbers
- 30 sec plank
- 25 bicycle crunches
- 30 sec plank
- 120 jump rope
- 25 v crunches
- 100 jump rope
- 25 v crunches
- 25 bicycle crunches
- 20 v crunches
- 25 bicycle crunches
- 100 jump rope

SUNDAY

- Rest & recovery

When you feel like quitting
remember why you started

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Weight Loss Plan This Month Customer Service

Strategic Planning Society



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Basic Health Care Series Juliann Moen, 2017-02-01 This book on obesity has been written in a very different way not those typical book type which preaches high and mighty things Obesity is most commonly caused by a combination of excessive food intake lack of physical activity and genetic susceptibility A few cases are caused primarily by genes endocrine disorders medications or mental illness Evidence to support the view that obese people eat little yet gain weight due to a slow metabolism is not generally supported On average obese people have a greater energy expenditure than their thin counterparts due to the energy required to maintain an increased body mass Obesity is mostly preventable through a combination of social changes and personal choices Changes to diet and exercising are the main treatments Diet plays an important role in the genesis of obesity Personal choices advertising social customs and cultural influences as well as food availability and pricing all play a role in determining what and how much an individual eats This book has been written not in the usual format of cause effect treatment When we are in the house we get to eat only what is in the kitchen but when we go to a cafeteria we can get whatever we want and of there is also the advantage of self service Discharge Planning

Handbook for Healthcare Ali Birjandi, Lisa M. Bragg, 2017-11-15 Hidden opportunities to improve profits in the healthcare industry abound in the area of discharge planning The Discharge Planning Handbook for Healthcare Top Ten Secrets to Unlocking a New Revenue Pipeline provides innovative new solutions that will show hospital administrators how to turn one of the most antiquated aspects of healthcare into on **Wiley CPAexcel Exam Review 2015 Study Guide (January)** O. Ray Whittington, 2014-12-03 I wanted to say I bought just the four books by Wiley for each CPA section and took all 4 parts of the exam I studied for about half a year and I PASSED ALL 4 PARTS ON THE FIRST TRY 95% REG 88% FAR 82% AUD 81% BEC I am very excited and happy that these books alone helped me pass Gabriela Adriana Mandiuc Boerne Texas All the information you need to master the computerized CPA exam The most effective system available to prepare for the CPA exam proven for nearly forty years Timely up to the minute coverage for the computerized exam Contains all current AICPA content requirements in Auditing and Attestation Unique modular format helps you zero in on areas that need work organize your study program and concentrate your efforts Comprehensive questions over 3 800 multiple choice questions and their solutions in the four volumes Covers the new simulation style problems Includes over 280 simulations Complete sample exam in Auditing and Attestation Guidelines pointers and tips show you how to build knowledge in a logical and reinforcing way Wiley CPAexcel Exam Review Study Guide January 2015 arms test takers with detailed outlines study guidelines and skill building problems to help candidates identify focus on and master the specific topics that need the most work Other titles in the WILEY CPAexcel EXAM REVIEW STUDY GUIDE JANUARY 2015 FOUR VOLUME SET Business Environment and Concepts Financial Accounting and Reporting Regulation See inside for an array of Wiley CPAexcel Exam Review Products

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