

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

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Barbara Wexler

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

Weight Loss Plan Prices:

Low GI Diet 12-week Weight-loss Plan Jennie Brand-Miller, Joanna Mcmillan-Price, Kaye Foster-Powell, 2011-01-01

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Deception and Fraud in the Diet Industry United States. Congress. House. Committee on Small Business.

Subcommittee on Regulation, Business Opportunities, and Energy, 1990 Federal Register, 1994-06 Weight in America Barbara Wexler, 2008-10. Contains studies, surveys, and statistics on issues related to weight in America, covering weight and physical health, dietary treatment for overweight and obesity, political, legal, and social concerns, and other topics. Annual Editions Charlotte Cook-Fuller, 1995 **The National Jewish Monthly**, 1969 Standard & Poor's Stock Reports, 2008
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