

8 Week WEIGHT LOSS EXERCISE PLAN

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

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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

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SUNDAY

Rest & recovery

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The Maker's Diet for Weight Loss Jordan Rubin, 2013-12-28 The Best Way to Lose Weight The Maker's Way Designed as a follow up to his New York Times best seller *The Maker's Diet* Jordan Rubin takes his nutritional strategies to the next level in this 16 week program calculated to help you not only achieve your weight loss goals but maintain them in the future By addressing your whole person body mind emotions and spirit *The Maker's Diet for Weight Loss* will help you reach a weight that makes you look good and feel great about yourself as you Eat for your body type age gender and region Maximize nutrients while reducing calories Eliminate toxins inside and outside your body Learn the best ways to cheat without getting off track With solid medical advice from Bernard Bulwer MD an advanced fellow at one of the premier teaching hospitals at Harvard Medical School *The Maker's Diet for Weight Loss* presents a holistic approach to weight loss that will change your life forever

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Jet ,1981-04-16 The weekly source of African American political and entertainment news [Entrepreneur](http://www.entrepreneur.com) ,1992

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weight now than ever before And there are more diet plans and programs books and articles and TV and radio shows to help us do it In fact we re inundated with experts hawking their revolutionary weight control plans **Good Housekeeping** ,1984 **Sepia** ,1981 **The William and Mary Quarterly** Richard Lee Morton,2000 Separately paged supplements called The Goodwin families in America by J S Goodwin were issued with Oct 1897 v 6 no 2 and Oct 1899 v 8 no 2
 Cosmopolitan ,1994-07 Red Book ,1984 The magazine for young adults varies Mademoiselle ,1986

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