

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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Trademarks ,1991 **Runner's World** ,2006 **Walk Off Weight** Michele Stanten,2011-03-01 Walking is America s 1 form of exercise and with good reason It s easy cheap and can be done anywhere Prevention magazine takes fun low impact walking to the next level with a new 8 week program that will help you lose 3 times more weight and keep it off Designed by certified fitness trainer Michele Stanten the program jump starts weight loss with core and lowerbody strength exercises as well as special walking routines including interval walks which research shows burn calories twice as fast as regular walking Women who tried the program for 8 weeks Lost up to 22 pounds and 12 inches Lowered their blood pressure and blood glucose levels Had less back and joint pain Improved their posture balance flexibility and boosted their energy Paired with a delicious well balanced meal plan and easy strength training exercises Walk Off Weight also helps you pick out the perfect walking sneakers and gives you technique tips to increase your speed and avoid soreness or injury **Using Your Weights**

for Weight Loss Sam Murphy,2006 **Sports Business Resource Guide & Fact Book** ,2007 The New Zealand Woman's Guide to Running Annemarie Jutel,1995 The Seddon Street gang are back Denny Polly Bob Pete and Joe have benn packed off to Uncle Ted s farm There s plenty to do riding horses avoiding the ferocious bull spying on swaggers getting lost But the gang discover something going on in the dark of the bush Suggested level intermediate secondary **Sunset** ,1992

Cardiovascular Prevention and Rehabilitation Joep Perk,Peter Mathes,Helmut Gohlke,Irene Hellemans,Catherine Monpère,Hannah McGee,Philippe Sellier,Hugo Saner,2007-09-18 In the network of cardiologists within the European Society of Cardiology Working Group on Cardiac Rehabilitation and Exercise Physiology there is a strong view that the time indeed is right to publish definitively on the methods involved in cardiovascular prevention and rehabilitation We are facing a transition from conventional cardiac rehabilitation to a phase of combined preventive and rehabilitative efforts as witnessed in the recent Joint Task Force Guidelines on Preventive Cardiology For this revision of our clinical routines we lack a practical textbook based upon the conditions and resources of European health care This textbook is designed to fill that gap

Backpacker ,1996-04 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured **Boys' Life** ,1983-07 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history

fiction science comics and Scouting **Exercise Prescription** David P. Swain, Brian C. Leutholtz, 2002 A case study approach to exercise prescription presenting the information needed to prepare for certification by the ACSM Topics covered include the adoption of VO2 reserve as the basis for writing exercise prescriptions and prescribing exercise to special cases such as pregnant women **Video Source Book** Gale Group, 1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction Scholastic Coach , 1988 **The University Fitness Program** Sharon Kay Stoll, 1986
 Health , 1981 San Diego Magazine , 1986-03 **Fitness Management** David N. Camaione, 1993 **Guide to Distance Running** Bob Anderson, Joe Henderson, 1972

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