

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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Jin-Ying Zhang



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Low GI Diet 12-week Weight-loss Plan Jennie Brand-Miller, Joanna Mcmillan-Price, Kaye Foster-Powell, 2011-01-01
This updated edition of Australia's bestselling Low GI Diet program explains how a low GI diet can help you lose weight and keep it off. Featuring twelve weeks of menus tailored to your weight and activity level and twelve weeks of easy to follow aerobic and resistance exercises that will take you just 30 minutes a day, this book outlines a nutritionally balanced, effective and healthy way to start losing weight and improve your overall health and includes tools and tips to maintain weight loss for life. Delicious recipes and a menu survival guide for eating out. How to balance protein and carbohydrate. Photographs of exercises. Updated GI tables for your favourite foods. The most significant dietary finding of the last 25 years: the glycemic index. GI is an easy to understand measure of how food affects blood glucose levels and has revolutionised the way we eat.

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 Meat and Livestock Digest , 1920 The Washingtonian , 1988 **Instructor's Manual forSizer and Whitney's Nutrition** Lori Waite Turner, Frances Sienkiewicz Sizer, 2000 Mademoiselle , 1983 **Kiplinger's Personal Finance Magazine** , 1995

Consumers Index to Product Evaluations and Information Sources , 1994 McCall's , 1999-07 The British National Bibliography Arthur James Wells, 2009 TV Guide , 1995 **The Massachusetts register** , 2003 *Dr. Siegal's Natural Fiber Permanent Weight-Loss Diet* Sanford Siegal, Sanford Siegal, D.O. D.O., M.D., 1984 **PC World** , 1983 **U.S. News & World Report** , 1999

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