

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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Juice Fasting: Reboot Your Body - Best Diet for Wellness and Weight Loss Kaitlin Louie, 2012-07-24 Juice fasting is a popular way to detoxify lose weight or challenge your mind and body Yoga practitioners from Yoga Journal magazine expound upon the benefits of fasting and its ability to rid our bodies of the old stuff acid toxins and mucus that build up in our digestive systems leaving us light cleansed and refreshed Similarly Mary Beth Janssen of Organic Spa Magazine wrote about how her 28 day cleanse with Goddess of Raw and Guru of Detox Kathryn Calabrese made her feel amazing and left her body leaner meaner and noticeably more flexible This book aims to integrate the positive aspects of juice fasting while also including allowances such as optional snacks of lean protein that increase your chances of success You will find an action plan for afterwards so that you can continue your healthy habits The goal of this book is to help you lose weight in a sustainable manner and integrate positive health choices into your daily life

Health Fitness Management Mike Bates, 2018-11-15 Health Fitness Management Second Edition provides an in depth picture of the varied and rewarding role of the health and fitness club manager With contributions from leading experts in the fitness industry several new chapters a more practical emphasis enhanced features and the addition of instructor resources this second edition is the most authoritative and field tested guide to management success Whether soothing disgruntled members ensuring club safety and profitability or motivating staff to perform at their best health and fitness club managers require the right mix of skills and flexibility to support the success and continued growth of their clubs Both aspiring and practicing club managers can rely on Health Fitness Management to help them acquire and improve their management skills across all areas Human resources Understand the importance of organizational development and the payoffs of thoughtful staff recruitment training development retention and compensation Sales and marketing Discover new ways to attract and retain members and increase profitability with the right mix of products and services Financial management Learn how to read financial statements and understand and control the risks associated with running a fitness club Facility maintenance Implement systems to ensure the upkeep and safety of the facility and its equipment Program evaluation Determine the fitness level of the club and its programs capitalize on strengths and find solutions to improve weak areas Industry perspective Understand the history of health and fitness management its present status and future trends Health Fitness Management Second Edition has been fully updated and organized for maximum retention and easy reference Each chapter begins with Tales From the Trenches a real life example that clearly illustrates the chapter s theoretical focus Special The Bottom Line segments sum up the key points of the chapters in an applied context so readers can see exactly how the information is applied on the job Learning objectives key terms and a list of references and recommended reading round out each chapter to make the material even more comprehensive to students and a new instructor guide and test package make the text ideal for instructors teaching a course Practitioners will find the added bonus of many time saving reproducible forms including a

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