

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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Patrick Vollmar



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Forest and Stream, 1899 **Bowker's Complete Video Directory 2001**, 2001 **Billboard**, 2001-05-05 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends Video for Libraries Sally Mason, James C. Scholtz, 1988 Provides an annotated list of recommended videos on psychology religion social science language science the arts literature history and travel Video Source Book, 2006 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 *Atkinson's Evening Post and Philadelphia Saturday News*, 1957-09 **Film & Video Finder**, 1987 *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 **New York Magazine**, 1995-04-17 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **American Film and Video Festival**, 1986 *The Publishers Weekly*, 1988 **Educational Film & Video Locator of the Consortium of College and University Media Centers and R.R. Bowker** Consortium of College and University Media Centers, 1990 *Statewide Audiovisual Service ... Catalog* Florida. Statewide Audiovisual Service, 1997 **Statistical Reference Index**, 1994 *Statistical Reference Index ... Cumulative Index*, 1990 A selective guide to American statistical publications from private organizations and state government sources

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