

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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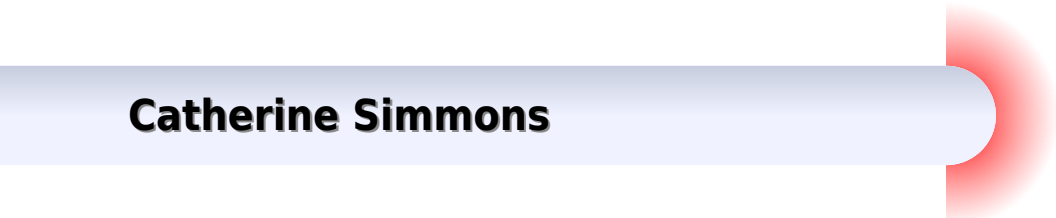
SUNDAY

Rest & recovery

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How to Lose Weight Well: The Complete Diet Plans Stacie Stewart,2017-12-28 Learn how to lose weight healthily

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The Publishers Weekly ,2004 *Connect Core Concepts in Health* Paul M. Insel,Walton T. Roth,2000 Revised and updated fifth edition 1988 introductory textbook focuses on issues of concern to students nutrition weight control contraception exercise intimate relationships stress AIDS drugs alcohol etc and stresses personal responsibility and personal empowerment Annotation copyrighted by Book News Inc Portland OR The Doctors Book of Food Remedies Selene Yeager,2007 Hundreds of tips to help you boost immunity fight fatigue ease arthritis and protect your health Eating Thin for Life Anne M. Fletcher,1997 Feed secrets and recipes from people who have lost weight and kept it off Good Housekeeping ,2006 Weight Loss Through Persistence Daniel S. Kirschenbaum,1994 Successful weight control isn t simply the result of any practical diet plan or exercise program it s tied to the fact that regardless of the method they choose

people who doggedly persist in pursuing their goal to slim down are more likely to achieve it The key is to survive the phases one goes through when losing weight **Complete Idiot's Guide to Weight Loss Tracker** Shirley Mathews, Jyni Holland, 2005 The Complete Idiot's Guide to Weight Loss Tracker provides the millions of those who have jumped on the dieting wagon the tools they need to manage their diets and accomplish their weight loss goals This book is designed to complement all of the popular diet books in the market while also appealing to those who aren't following a specific plan but who want to make a concerted effort to lose weight Inside readers will find the tools to help them Determine their body frame size and waist to hip ratio Identify their current Body Mass Index Calculate their Basal Metabolism Distinguish between good high and low carb foods at home and when eating out Graph their weight loss Keep track of exercises and calories burned And much more Die Verfälschung der wichtigsten Nahrungs- und Genussmittel vom chemischen Standpunkte in populärer Darstellung Victor Griessmayer, 1880 **Auntie Barbara's Tips for an Ordinary Life** Barbara Hovanetz, Barry Jay Kaplan, 1992 Health, 2001-2002 Richard Yarian, 2001-02 This compilation of public press articles examines how Americans make choices about controlling their health the impact of stress and emotions on mental health the effects on diet and nutrition on well being influences of exercise and diet on health how drugs affect our lives recent research on human reproduction and sexuality the major causes of death in the Western world the current state of health care in today's society food labelling and food and drug interactions hazards that affect our health and are encountered in today's world This title is supported by Dushkin Online www.dushkin.com online our student Web site

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