

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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BM King



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Making Weight Control Second Nature Susan Burke March, 2009 It is all in here A way of living that puts you in control of your weight and health You can be that person who makes deliberate choices one day at a time one meal at a time one food at a time and one walk at a time from publisher s website **Consumer Health** Thomas Butler, 2011-07 Consumer Health offers up to date information about health care reforms and insurance in the United States Rather than devoting entire chapters to consumer issues related to specific diseases or conditions this practical guide weaves diseases and health conditions into discussions about fraud alternative and complementary treatments advertising and the economics of health care It also provides in depth analyses of the American health care system insurance options consumer protection and complementary and alternative therapies From publisher description **Great Age Guide to Online Health and**

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health care professionals should and perhaps must incorporate lifestyle medicine A valuable checklist is included at the close of the book that summarizes key points and provides a practical tool for routine patient encounters **PC Mag** ,2004-05-04 PCMag com is a leading authority on technology delivering Labs based independent reviews of the latest products and services Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology Women's Health ,2006-03 Womens Health magazine speaks to every aspect of a woman s life including health fitness nutrition emotional well being sex and relationships beauty and style **PC Magazine** ,2005 Forest and Stream ,1898 **Newsweek** Raymond Moley,Samuel Thurston Williamson,Malcolm Muir,Rex Smith,Joseph Becker Phillips,2007-11 **Fit & Well** Thomas Davin Fahey,Paul M. Insel,Walton T. Roth,2007 **Best-Rated Health Web Sites** Shannon Entin,2000 Field and Stream ,1927 *Changing Times* ,1989 **Field and Stream** ,2005 **The Internet Newsroom** ,2000 Your guide to the world of electronic factgathering Weekly World News ,1997-09-23 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www weeklyworldnews com is a leading entertainment news site **Good Housekeeping** ,1929 *PC World* ,1995 **Quirk's Marketing Research Review** ,2008 **Fitness and Rehabilitation Programs for Special Populations** James H. Rimmer,1994

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