

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

Cyber Monday Weight Loss Plan This Week

WJ Hussar

Cyber Monday Weight Loss Plan This Week:

YOU: On A Diet Revised Edition Michael F. Roizen, Mehmet Oz, 2010-04-03 As they did with the revised edition of YOU The Owner's Manual which has sold nearly 200 000 revised copies Dr Roizen and Dr Oz have updated their classic international bestseller on diet. This nearly three million copy seller is filled with new information on emotional eating the latest fad diets maintaining a healthy lifestyle and over a hundred recipes. For the first time in our history scientists are uncovering astounding medical evidence about dieting and why so many of us struggle with our weight and the size of our waists. Now researchers are unraveling biological secrets about such things as why you crave chocolate or gorge at buffets or store so much fat. Michael Roizen and Mehmet Oz America's most trusted doctor team and authors of the bestselling YOU series are now translating this cutting edge information to help you shave inches off your waist. They're going to do it by giving you the best weapon against fat knowledge. By understanding how your body's fat storing and fat burning systems work you're going to learn how to crack the code on true and lifelong waist management. Roizen and Oz will invigorate you with equal parts information motivation and change your life action to show you how your brain stomach hormones muscles heart genetics and stress levels all interact biologically to determine if your body is the size of a baseball bat or of a baseball stadium. In YOU On a Diet Roizen and Oz will redefine what a healthy figure is then take you through an under the skin tour of the organs that influence your body's size and its health. You'll even be convinced that the key number to fixate on is not your weight but your waist size which best indicates the medical risks of storing too much fat. Because the world has almost as many diet plans as it has e-mail spammers you'd think that just about all of us would know everything there is to know about dieting about fat and about the reasons why our bellies have grown so large. YOU On a Diet is much more than a diet plan or a series of instructions and guidelines or a faddish berries only eating plan. It's a complete manual for waist management. It will show you how to achieve and maintain an ideal and healthy body size by providing a lexicon according to which any weight loss system can be explained. YOU On a Diet will serve as the operating system that facilitates future evolution in our dieting software. After you learn about the biology of your body and the biology and psychology of fat you'll be given the YOU Diet and YOU Workout. Both are easy to learn follow and maintain. Following a two week rebooting program will help you lose up to two inches from your waist right from the start. With Roizen and Oz's signature accessibility wit and humor YOU On a Diet The Owner's Manual for Waist Management will revolutionize the way you think about yourself and the food you consume so that you'll diet smart not hard. Welcome to your body on a diet. *Not The F---ing Gilmore Girls*

Courtney Cannon, 2025-01-10 An inspiring autobiography that chronicles the life and evolution of its author who uses the metaphor of a rainbow phoenix to symbolize resilience rebirth and diversity this narrative takes readers through the author's early and later struggles challenges faced in overcoming adversity and the pivotal moments that ignited a profound transformation. The journey is marked by a vibrant tapestry of experiences that highlight the importance of embracing one's

true identity and the power of courage and hope Through engaging storytelling the author shares personal stories while also delivering universal messages about self discovery empowerment and the beauty of diversity It s a motivating read that encourages readers to rise from their own ashes with renewed strength and color Coco is an empath who literally carries the weight of the world on her shoulders read about how she handled world events like 9 11 COVID and her beloved Rangers finally winning the World Series Her dream in life is to love and help people Can she help you by loving you until you learn to love yourself Come read about how she makes one dream come true only to have it fall spectacularly apart

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