

8 Week WEIGHT LOSS EXERCISE PLAN

Week 5

MONDAY	TUESDAY	WEDNESDAY
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	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	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
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THURSDAY	FRIDAY	SATURDAY
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	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	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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Damon Axe

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5 2 Diet: Under 300 Calories: Core Recipes With WW Pints + Angelina Lynch, you eat normally for five days a week women consume 2 000 calories and men 2 500 a day and then restrict your calorie intake for the other two days 500 calories a day for women and 600 for men And the concept is taking the world by storm Mixing 5 2 with a long term diet like WW is likely to facilitate weight loss You can adopt 5 2 approaches to lose weight Either have 2 meals daily out of 5 from this book or you can select any 2 days in a week to eat recipes from this book Intermittent fasting is proven not only to help you lose weight it could also help you live longer thanks to its health benefits But if restricting your calories on fast days sounds difficult these tasty recipes by nutritionist Angelinaa Lynch contain low calories nutrient dense core recipes per portion but still tickle your taste buds will fill you up and could help you lose up to 3lb a week So what are you waiting for [Super Shred Diet Recipes](#) Kirstie Alley, Shred is a six week cycle diet that claims to teach you how to make smarter choices and has specific strategies embedded in the daily meal and exercise plans The diet plan involves scheduling meals mainly of plant based foods in controlled portions to create a negative energy balance where your body extracts energy from stored fat thereby boosting calorie burn and reducing fat Most dieters don t realize that simply by cutting back as little as 20 percent at each meal they can lose a significant amount of weight In this book you will find meals and snacks recipes suitable for all six week cycle

The Ultimate keto Diet Recipes For Beginners Damon Axe,2020-01-23 Do you finally want a diet that allows you to lose weight sustainably and burn fat Then you are exactly right here The Ultimate keto Diet Recipes For Beginners Delicious Ketogenic Diet Meals To Lose Weight Fat Burning Low Carb Nutrition And Reverse Disease shows you all the essentials of the keto diet how the nutritional principle works and where the ketogenic diet differs from conventional diets Ketogenic diet is basically quite simple and easy to learn It only needs the necessary basic knowledge Here you are exactly right to acquire this basic knowledge This book by Damon Axe shows all the basics and delivers 21 keto easy recipes for weightloss If you want to burn fat on the stomach on the waist or on the whole body the ketogenic diet is an ingenious tool The Concept of this book Ketogenic nutrition is basically quite simple With a little patience and adjusting the daily diet losing weight is a breeze A high fat nutritional concept helps to achieve your desired weight You do not really have to do without something There are so many ways to cope with everyday foods This book is suitable for you if If you do not feel like dieting You want to lose weight sustainably Burning fat is important want to achieve your desired weight Get the book The Ultimate keto Diet Recipes For Beginners Delicious Ketogenic Diet Meals To Lose Weight Fat Burning Low Carb Nutrition And Reverse Disease NOW And experience the new lifestyle *The Woman's Day Weight-Loss Plan* Kathy Keenan Isoldi,2002-12 While both men and women suffer from the ill effects of being overweight women carry the unique burden of trying to maintain a healthy weight while managing a lifetime of physical changes Hormonal shifts can increase appetite and pregnancy may cause women to deposit fat with greater ease Menopause is also a particularly difficult time to try to lose

weight Nowadays women juggle many responsibilities including parenting housekeeping and career All these tasks can keep them from eating right and exercising as much as they know they should Maintaining a healthy weight can be a challenge but the health benefits of winning the war on weight are well worth the fight The Woman s Day Weight Loss Plan s three pronged approach will help you reach your goal First you must set your sights on a healthy and sensible weight one that you can achieve and maintain Exercise is also crucial but incorporating more physical activity into your life doesn t mean you have to join a gym and pump iron seven days a week Finally you need a diet you can continue long term What you need to succeed with weight loss is a realistic plan that meets your nutritional needs and is based on the latest scientific research just like the plan designed by Kathy Keenan Isoldi Kathy Isoldi s kind and caring voice bounces right off the pages to guide you through the program helping you overcome challenges and encouraging you to persevere You have so much to gain by losing weight

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