

# workout plan for quick weight loss

**workout plan for quick weight loss** is an ambitious goal that requires a strategic and disciplined approach. This comprehensive guide will equip you with the knowledge and actionable steps to design an effective routine that prioritizes fat burning and muscle toning for rapid results. We will delve into the foundational principles of metabolic acceleration, the optimal blend of cardio and strength training, and the crucial role of consistency and recovery. Understanding how to structure your week, select appropriate exercises, and listen to your body is paramount for sustainable and healthy weight reduction. Prepare to transform your fitness journey with a plan built for efficiency and maximum impact.

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## Understanding the Principles of Rapid Fat Loss

Achieving quick weight loss through a workout plan hinges on creating a consistent calorie deficit, meaning you burn more calories than you consume. While diet plays a significant role, exercise is indispensable for increasing your calorie expenditure and improving body composition. The goal is not just to shed pounds, but to do so in a way that preserves lean muscle mass, which is crucial for a healthy metabolism and a toned physique. A well-structured workout program will target different energy systems to maximize fat mobilization and utilization.

The human body is designed to adapt, so a varied and progressive approach is essential. Simply doing the same exercises repeatedly will lead to plateaus. Therefore, a successful workout plan for quick weight loss must incorporate elements that continuously challenge your body, forcing it to burn more calories and build more muscle. This involves understanding the synergistic effect of different training modalities and how they contribute to overall fat reduction.

# Designing Your Workout Routine

Crafting an effective workout plan for quick weight loss involves a thoughtful combination of exercise types, frequency, and intensity. It's not about engaging in endless hours of exercise, but rather about making those hours count. The aim is to create a sustainable routine that fits your lifestyle while delivering the desired results. This requires a balanced approach that considers both cardiovascular health and muscular development.

When designing your routine, it's vital to consider your current fitness level. Beginners should start with a more conservative approach, gradually increasing intensity and duration to avoid injury and burnout. Advanced individuals can push their limits further, incorporating more complex movements and higher intensity training. The key is progressive overload, ensuring that your workouts become progressively more challenging over time.

## Key Components of a Quick Weight Loss Workout Plan

A successful workout plan for quick weight loss is built on a foundation of several core components that work in synergy. These elements, when combined effectively, create an environment conducive to rapid fat burning and muscle building, both of which are essential for a lean and toned physique. Ignoring any one of these components can significantly hinder your progress and make achieving your weight loss goals more challenging.

## Cardio for Accelerated Calorie Burn

Cardiovascular exercise is a cornerstone of any quick weight loss strategy. Its primary benefit lies in its ability to burn a significant number of calories during the activity itself. By elevating your heart rate and engaging large muscle groups, cardio workouts effectively tap into your body's energy reserves, promoting a substantial calorie deficit. The type of cardio you choose can influence the intensity and calorie expenditure.

Different forms of cardio offer varying benefits. Steady-state cardio, such as jogging or cycling at a moderate pace for an extended period, is excellent for building endurance and burning calories over time. However, for accelerated results, incorporating higher-intensity forms of cardio becomes crucial. This is where activities that demand more from your cardiovascular system come into play, leading to a greater metabolic response.

## **Strength Training for Metabolic Boost**

While cardio excels at burning calories during the workout, strength training plays a vital, often underestimated, role in long-term fat loss and body composition improvement. Building lean muscle mass is key because muscle tissue is metabolically active, meaning it burns more calories at rest than fat tissue. Therefore, the more muscle you have, the higher your resting metabolic rate will be, contributing to sustained weight loss even when you're not exercising.

Strength training also helps to sculpt and tone your body, leading to a more aesthetically pleasing physique as you lose weight. It helps prevent the "skinny-fat" look that can occur with rapid weight loss solely through calorie restriction and cardio. Focusing on compound exercises that work multiple muscle groups simultaneously is particularly effective for maximizing calorie burn and muscle engagement in a shorter amount of time.

## **Integrating High-Intensity Interval Training (HIIT)**

High-Intensity Interval Training (HIIT) has become a popular and highly effective method for quick weight loss due to its incredible efficiency. HIIT involves short bursts of intense exercise followed by brief recovery periods. This type of training significantly elevates your heart rate and metabolism, leading to a substantial calorie burn not only during the workout but also for hours afterward in what is known as the "afterburn effect" or Excess Post-exercise Oxygen Consumption (EPOC).

The principle behind HIIT is to push your body to its limits during the work intervals, forcing it to utilize stored energy and oxygen more rapidly. The recovery periods are short enough to prevent full recovery, keeping your heart rate elevated and your metabolism working overtime. This makes HIIT a time-efficient way to torch calories and improve cardiovascular fitness simultaneously, making it an indispensable tool for a rapid fat loss workout plan.

## **Sample Weekly Workout Plan for Quick Weight Loss**

This sample weekly workout plan is designed to maximize calorie expenditure, build lean muscle, and promote rapid fat loss. It incorporates a blend of cardio, strength training, and HIIT to provide a comprehensive and challenging routine. Remember to adjust the intensity and specific exercises based on your individual fitness level and capabilities. Proper warm-up before each session and cool-down afterward are essential for injury

prevention and recovery.

- **Monday: Full Body Strength Training**

- Squats
- Deadlifts
- Bench Press
- Overhead Press
- Bent-over Rows
- Plank (hold for 60 seconds)

- **Tuesday: High-Intensity Interval Training (HIIT)**

- Choose from: Sprinting, cycling, burpees, jump squats
- Work interval: 30 seconds of maximum effort
- Rest interval: 30 seconds of light activity or complete rest
- Repeat for 20-25 minutes

- **Wednesday: Active Recovery or Light Cardio**

- Brisk walking, yoga, or light swimming for 30-45 minutes

- **Thursday: Lower Body & Core Strength Training**

- Lunges
- Glute Bridges
- Calf Raises
- Leg Press
- Hamstring Curls
- Russian Twists

- Leg Raises
- **Friday: Moderate Intensity Cardio**
  - Choose from: Jogging, cycling, elliptical trainer
  - Maintain a steady pace for 40-50 minutes
- **Saturday: Upper Body & Core Strength Training**
  - Push-ups
  - Pull-ups (or assisted pull-ups)
  - Dumbbell Rows
  - Bicep Curls
  - Triceps Extensions
  - Crunches
  - Bicycle Crunches
- **Sunday: Rest or Light Activity**
  - Focus on rest and recovery. Light stretching or a leisurely walk is acceptable.

## **Nutrition and Lifestyle Factors for Enhanced Results**

While this article focuses on a workout plan for quick weight loss, it's crucial to acknowledge that exercise alone is rarely sufficient to achieve rapid and sustainable results. Nutrition is the other major pillar of weight management. A calorie deficit, primarily achieved through dietary adjustments, is paramount. Focusing on whole, unprocessed foods, lean protein sources, plenty of vegetables, and healthy fats will fuel your workouts and support muscle repair while keeping you feeling full and satisfied.

Beyond diet and exercise, other lifestyle factors significantly impact your weight loss journey. Adequate sleep is essential for hormone regulation, muscle recovery, and overall well-being. Chronic sleep deprivation can hinder fat loss and increase cravings for unhealthy foods. Stress management techniques, such as meditation or deep breathing exercises, can also play a role, as stress can lead to increased cortisol levels, which are associated with abdominal fat storage.

## **Listening to Your Body and Preventing Overtraining**

One of the most critical aspects of any workout plan, especially one focused on quick weight loss, is to listen to your body and avoid overtraining. Pushing too hard, too soon, or without adequate rest can lead to injuries, burnout, and a significant setback in your progress. Overtraining can manifest as persistent fatigue, decreased performance, mood disturbances, and increased susceptibility to illness.

Proper recovery is not a sign of weakness but a crucial component of progress. It's during rest periods that your muscles repair and grow stronger. Incorporating rest days into your weekly schedule, ensuring you get enough quality sleep, and paying attention to any persistent pain or discomfort are all vital practices. If you feel excessive soreness that doesn't subside after a couple of days, or a persistent lack of energy, it may be a sign that you need to scale back on intensity or volume.

## **Staying Motivated on Your Weight Loss Journey**

Maintaining motivation is often the biggest challenge when striving for quick weight loss through a demanding workout plan. It's easy to feel discouraged when progress seems slow or when life throws unexpected obstacles your way. Therefore, implementing strategies to stay motivated is as important as the workout itself.

Setting realistic short-term goals, celebrating milestones, finding an accountability partner, and varying your workouts to keep them engaging are all effective methods. Remember why you started and visualize your success. The journey to a healthier, fitter you is a marathon, not a sprint, even when the goal is rapid weight loss. Consistency and a positive mindset are your most powerful allies.

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## **FAQ: Workout Plan for Quick Weight Loss**

### **Q: How quickly can I realistically expect to lose weight with a dedicated workout plan?**

A: The rate of weight loss varies significantly based on individual factors like metabolism, starting weight, adherence to the plan, and diet. However, a well-designed workout plan combined with a calorie-controlled diet can lead to a healthy and noticeable loss of 1-2 pounds per week, with potentially faster initial loss due to water weight. Rapid weight loss beyond this is often unsustainable and may not be healthy.

### **Q: What is the ideal balance between cardio and strength training for quick weight loss?**

A: For rapid fat loss, a combination is best. Aim for 3-4 days of moderate-to-high intensity cardio per week, and 2-3 days of full-body or split-routine strength training. HIIT sessions can replace some cardio days, but it's important not to overdo them. Strength training builds muscle, which boosts your metabolism, while cardio burns significant calories during the workout.

### **Q: Can I do HIIT every day for faster weight loss?**

A: No, it is generally not recommended to do HIIT every day. HIIT is extremely demanding on the body and requires adequate rest for muscle recovery and to prevent overtraining and injury. Aim for 2-3 HIIT sessions per week, interspersed with strength training and active recovery days.

### **Q: What are the best types of exercises for a quick weight loss workout plan?**

A: For cardio, consider activities that elevate your heart rate significantly, such as running, cycling, swimming, or jumping rope. For strength training, focus on compound movements that work multiple muscle groups simultaneously, such as squats, deadlifts, lunges, push-ups, pull-ups, and overhead presses.

### **Q: How important is diet when following a workout plan for quick weight loss?**

A: Diet is critically important, arguably more so than exercise for weight loss. You cannot out-exercise a bad diet. To achieve quick weight loss, you must create a consistent calorie deficit, which is primarily achieved through controlled calorie intake. A nutritious diet supports your energy levels for

workouts and aids in muscle recovery and overall health.

### **Q: How can I stay motivated with a rigorous workout plan for weight loss?**

A: Stay motivated by setting small, achievable goals, tracking your progress, finding an exercise buddy, varying your workouts to prevent boredom, rewarding yourself for milestones, and reminding yourself of your long-term health and fitness aspirations. Also, remember that consistency is key, even on days when motivation is low.

### **Q: What are the signs of overtraining, and how can I prevent it?**

A: Signs of overtraining include persistent fatigue, decreased performance, mood swings, increased irritability, sleep disturbances, and an increased risk of injury. To prevent overtraining, ensure you incorporate rest days into your weekly schedule, get adequate sleep, listen to your body's signals, and progressively increase the intensity and duration of your workouts rather than making drastic jumps.

### **Q: Should I focus on losing weight or getting fit first?**

A: For a quick weight loss workout plan, the focus is on both simultaneously. The exercises chosen will aim to burn calories and build muscle (fitness), which in turn will lead to weight loss. However, prioritizing a sustainable calorie deficit through diet is fundamental for any significant weight reduction.

## **Workout Plan For Quick Weight Loss**

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Inside, you'll discover a holistic, scientifically-backed approach to fast sustainable weight loss that addresses not only physical aspects but also emotional, social, and environmental challenges, including mental well-being and lifestyle changes. This book is more than just a diet and exercise manual—it's a roadmap to reclaiming your health and finding a balanced, fulfilling life. With *Rapid Weight Loss Blueprint*, readers can:- - Achieve rapid and sustainable weight loss - Improve overall health and wellness - Increase energy levels and vitality - Enhance mental clarity and focus - Develop a positive body image and self-esteem

**workout plan for quick weight loss:** *Rapid Weight Loss Breakthrough: The Ultimate Guide to Fast, Safe, and Sustainable Transformation* Philipp Hornickel, 2025-03-04 Unlock the secrets to fast, lasting weight loss with *Rapid Weight Loss Breakthrough*, your definitive guide to transforming your body and health quickly without compromising safety. This comprehensive resource dives into proven strategies that combine balanced nutrition, high-intensity workouts, intermittent fasting, and powerful mindset shifts to help you shed pounds rapidly and keep them off for good. Whether you're just beginning your weight loss journey or overcoming a plateau, this book offers easy-to-follow advice that empowers you to create a calorie deficit, boost your metabolism, and build sustainable habits. Inside, you'll discover how to: - Master nutrient-dense meal planning and portion control for optimal results. - Implement high-intensity interval training (HIIT) to maximize fat burn. - Harness the benefits of intermittent fasting and strategic meal timing. - Cultivate a positive mindset and stress management techniques that support your goals. - Avoid common pitfalls and maintain long-term weight management success. Perfect for anyone looking to lose weight fast while improving overall wellness, this ultimate guide provides a step-by-step blueprint for rapid weight loss, enhanced energy, and renewed self-confidence. Embrace the breakthrough approach that's helped thousands transform their lives—start your journey to a healthier, happier, and more vibrant you today!

**workout plan for quick weight loss:** *2 Day Diet: Ultimate Cheat Sheet (With Diet Diary & Workout Planner)* Samantha Michaels, 2014-03-31 Samantha Michaels has spent years helping people overcome health challenges, lose weight and reach ideal health goals while enjoying good and healthy food. She is an author of numerous health books and provide amazing yet very healthy recipes everyone can enjoy. She loves food and spends most of her time helping people address diet challenges by teaching them to cook the right meals. Her diet programs have helped a lot of people lose weight in a smart, practical way and she lives what she preaches that you do not have to get hungry while on a diet.

**workout plan for quick weight loss: 100 Quick, Easy Weight Loss Tips and Secrets** Kendra Hill, 2013-09-10 In the U.S.A. alone, over 100 million Americans are currently dieting. There are literally hundreds of diet plans floating around, yet obesity is at an all-time high. This book is not another diet plan; it is tips and secrets that will help improve your dieting experience. These tips will show you quick and easy ways to sneak in exercise and other healthy options for effective weight loss. You never know which one or two of these secrets might help you reach your weight loss goal.

**workout plan for quick weight loss: Somatic Therapy: Quick and Easy Techniques to Lower Stress and Anxiety (Learn Simple Exercises to Apply the Power of the Mind-body Connection and Find a Joyful Path to Reduce Stress)** Matthew Brown, 101-01-01 Your emotions don't just live in your mind—they're stored in your body, too. That's why traditional therapy alone often isn't enough to create deep, lasting change. Neurosomatic therapy offers a science-backed solution that helps you rewire your nervous system, reduce anxiety, and regain emotional balance. By combining somatic therapy, vagus nerve stimulation, and hrv biofeedback, this revolutionary method teaches you how to break free from stress, retrain your body's response to emotional triggers, and reclaim control over your mental well-being. Here's what you'll gain in this book: • Fundamental secrets to somatic exercises: gain the skills to transform any simple exercise into a powerful practice of regulating your nervous system. • 50+ effective fully illustrated exercises: learn comprehensive techniques to activate the vagus nerve, promote deep relaxation and strengthen mind-body connection for long-term sustainable change. • 28 day program: structured practices

tailored to gradually increase your resilience and capacity to feel safe in your body. • Masterful guidance: discover how to cultivate body awareness and develop the skills to emotional release. • Actionable tips: accelerate your learning with deep insights from a seasoned expert including common pitfalls and practical strategies. • And much more! This comprehensive collection offers a holistic approach to improving your physical and mental well-being through the power of somatic exercises. Even if you think your past attempts at similar programs have been in vain, this guide is crafted to meet your needs precisely – aligning busy schedules with profound personal growth. The surprisingly simple yet powerful methods are accessible, relatable, and designed for real-world application, ensuring that anyone can experience transformation.

**workout plan for quick weight loss: Get Fit Fast Workout Journal** Alex Lluch, 2010-10-16 Get Fit Fast, the latest from the top-selling line of fitness and diet journals by Alex A. Lluch, is the most convenient and user-friendly workout journal on the market. It helps readers determine their fitness level and set goals to develop a successful fitness plan that they can track on-the-go. In addition to its compact size that makes it easy to tuck into a purse or a gym bag, this book includes room to document physical activity, daily fitness tips, monthly wrap-up pages with space for a photo and measurements to track progress, a fold-out progress chart, motivational stickers, mini removable journal, and much more.

**workout plan for quick weight loss: Racing Weight Quick Start Guide** Matt Fitzgerald, 2011-11-01 Begin losing 5, 10, or 20+ pounds in 4, 6, or 8 weeks! Matt Fitzgerald's Racing Weight Quick Start Guide applies all the principles of his best-selling book Racing Weight in a detailed set of weight-loss training plans. You will devote 4 to 8 weeks to starting a weight loss of 5, 10, or 20+ pounds. Lose weight quickly by following a schedule of high-intensity workouts and strength training as well as a menu of calorie-restricted, high-protein meals and snacks. Low-volume and high-volume plans make it possible for cyclists, runners, and triathletes with a wide range of experience to maintain their training levels. Replace fat with muscle while keeping your appetite in check. Once you've hit your quick start weight-loss goals, you will continue dropping unwanted pounds using the proven strategies of the Racing Weight program. Zero in on your racing weight through improved diet quality, balanced macronutrient levels, proper timing of meals and snacks, appetite management, and training for lean body composition. The Racing Weight Quick Start Guide will accelerate your season goals so you'll be racing leaner and faster than ever before.

**workout plan for quick weight loss: Weight Loss - Twenty Pounds in Ten Weeks - Move It to Lose It** Joseph Robert Weinstein, Bob Weinstein, 2009-10-03 Weight Loss and weight management book with a ten week exercise and eating plan to lose twenty pounds. Full of easy-to-use tools to organize and implement the program: exercise photos, ten week exercise chart, 1,200 and 1,600 calorie menus, calorie burn charts, workout log, food diary and more. The author, Lt. Col. Weinstein has been featured on the History Channel. More at [TheHealthColonel.com](http://TheHealthColonel.com)

**workout plan for quick weight loss: Quick Weight Loss Diet: Slow Cooker Recipes and Tasty Green Smoothies** Kellie Steffen, 2017-05-15 Quick Weight Loss Diet: Slow Cooker Recipes and Tasty Green Smoothies The Quick Weight Loss Diet book is about two distinctive diets - the Green Juice Diet and the Slow Cooker Cookbook. Each of these weight loss plans offers diet meal plans to help you plan the menu for a couple of weeks without repeating a recipe. You can use the juicing diet in conjunction with the slow cooker section to have a big selection in weight loss food. The best weight loss program is simple because it helps you to have a healthy weight loss. If you do it right it can be a fast weight loss diet as well. This weight loss plan incorporates the two diets to help you get a good jump start with juicing then advancing on to slow cooker meals and juicing in between.

**workout plan for quick weight loss: Permanent Weight Loss Made Easy** Benjamin Cook, 2011-04-24 This book will teach you all of the secrets of how to be effortlessly and permanently slim without a gastric band.

**workout plan for quick weight loss: Belly Fat Diet For Dummies** Erin Palinski-Wade, 2012-10-09 The fast and easy way to lose belly fat Lowering body weight can reverse or prevent

diabetes; lower blood pressure, cholesterol, and triglyceride levels; and improve sleep apnea and other sleep problems. The easy recipes and exercises outlined in *Belly Fat Diet For Dummies* gives you the edge you need to shed unwanted pounds and gain muscle tone. Do you carry extra weight around your midsection? *Belly Fat Diet For Dummies* gives you practical, trusted advice for shedding it—the fast and healthy way. You'll get a proven, 14-day quick-start program that guarantees results within days: a no-gym fitness plan that starts with a fat-melting, bodyweight-only workout and progresses to more advanced exercises further toning and tightening your belly. Plus, you'll get over 40 delicious belly-burning recipes to help you manage your weight. A no-gym fitness plan that starts with a fat-melting bodyweight-only workout and then progresses to a more advanced exercises further toning and tightening your belly Over 40 delicious belly-burning recipes Loads of options customized for: carboholics, meat lovers, chicken and seafood fans, chocoholics, fast-food junkies, diabetics, and vegans Includes useful tips, body-sculpting exercises, and delicious recipes using superfoods to help shrink your waistline A comprehensive maintenance plan to help you stay on track *Belly Fat Diet For Dummies* is a complete and informative guide that makes shedding weight practical and fun—with results in days.

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adjustments.

**workout plan for quick weight loss: Tips For: 7-Day Doubt Diet** Barbara Uetrecht, 2012-09  
Congratulations on taking the initiative to release a happier, healthier you. It can easily be perplexing today to drop weight. There are plenty of various diets to attempt as well as conflicting reviews about nearly all the things on the market. The truth is that not all training sessions or diet plans will function for all resident.

**workout plan for quick weight loss: Weight Loss Workout Plan** Linda Westwood, 2015-03-20  
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**workout plan for quick weight loss: Bodybuilding for Weight Loss** James Eaton, 2016-08-23  
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**workout plan for quick weight loss: Quick & Clean DIET: Maximize Your Quick & Clean Diet Results By Consuming Pound Dropping & Scrumptious Smoothies** Juliana Baldec, 2014-06-02  
This compilation will give you some amazing insights into the wonderful world of

Smoothies, the healthy Smoothie lifestyle & how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure & a happier healthier You without being hungry all the time. This compilation shows you a real approach to dieting the right and realistic way so that you will maximize your dieting results instead of going through the Yo-Yo dieting effect that happens with almost all diets because most diets are based on unrealistic & unnatural assumptions & goals. Juliana will show you how she did not only lose 20 pounds in 60 days and beat her nasty Asthma problem at the same time, but she shows you how she was able to keep off her weight via the power of the smoothie lifestyle that is more an exciting way of life that everyone is able to follow (even if you only have 5 minutes & are very busy) than a boring & unrealistic diet that no one is able to maintain. The outcome of the Smoothie Lifestyle: a happy, vitalized, healthy, lean & clean, healthy & balanced YOU. Most diets ask a lot of sacrifices from you, but once you master the Smoothie lifestyle you'll appreciate what it does for your waistline (very effective pound dropper), your beauty (very effective detox) and your health (very effective vitality & energy booster). Combining healthy smoothies & blender recipes with your Quick & Clean DIET that you can make with your favorite high speed blender or hand held mixer (AKA Blender Bottle, Nutribullet, Ninja, Vitamix, or Omega) is more powerful because it is double effective. You'll see how you can not only maximize your dieting results by adding Smoothies to your diet, but you'll also learn how to speed up the whole process for more productivity. You'll experience the beneficial & empowering outcome for yourself and your family. You will become the clean & lean YOU that you are meant to be! Double Your Life Today...

**workout plan for quick weight loss: The EatingWell® Diet** Jean Harvey-Berino, 2012-08-17  
A science-based plan that brings together cutting-edge, university-tested weight-loss strategies with delicious, quick, and easy recipes. Almost everyone knows the truth: to lose the weight, we need to eat less and move more, says weight-management pioneer Jean Harvey-Berino. This book is about the missing link: how to do it. Harvey-Berino believes that permanent weight loss only happens by changing everyday behaviors: replacing old, unhealthy habits with new ones. And clinical research proves her right: participants in her behaviorally based VTrim™ Weight Management Program lost an average of 21 pounds in 6 months—more than double that of an online commercial weight-loss program. In a unique collaboration, The EatingWell Diet brings you the tools that helped VTrimmers succeed—including goal-setting, self-tracking, and controlling eating triggers—along with wisdom and recipes from the creative cooks and nutrition experts at the nation's premier magazine of food and health. More than just a sensible way to lose weight, it's a workbook for a healthy way of life.

**workout plan for quick weight loss: The 5-6-7-8 Diet** Kym Johnson, 2016-01-19  
Three-time Dancing with the Stars' champion Kym Johnson shows you how to lose weight, get fit, and live an irresistible life. In conjunction with the launch of her personal fitness and lifestyle brand, Kym Johnson shares her life lessons, nutrition and exercise plans, and entertainment style through anecdotes, recipes and contributions from her celebrity dance partners. With Kym's 5-6-7-8 plan you will: lose belly fat, firm your thighs, shrink cellulite, fuel your libido, boost your mood, sleep better and dance the night away!

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