

15 DAY WEIGHT LOSS PLAN

WORKOUTS

UPPER BODY A	SETS	REPS
Barbell bench press	3	6-8
Lat pull-downs	3	12-15 Reps per leg
Dumbbell shoulder press	3	10-15
Barbell rows	2	12-15 Reps per leg
Barbell bicep curls	3	10-15
Tricep push-downs	3	20
LOWER BODY A	SETS	REPS
Squats	4	5-8
Lying leg curls	3	8-12
Leg extensions	3	10-12
Hack squats	2	8-10
Straight leg deadlifts	2	8-10
Seated calf raises	3	12-15
SHOULDERS & ARMS	SETS	REPS
Overhead press (OHP)	3	6-8
Dumbbell side raises	3	10-15
Dumbbell bent over flies	4	10-12
Cable rope extensions	3	8-12
Dumbbell overhead extensions	2	12-15
Dumbbell bicep curls	3	8-12
Cable rope curls	2	10-15

Weight Loss Plan Prices

Joacim Rocklöv



Weight Loss Plan Prices:

Whispering the Strategies of Language: An Emotional Quest through **Weight Loss Plan Prices**

In a digitally-driven earth where monitors reign supreme and instant communication drowns out the subtleties of language, the profound techniques and mental subtleties hidden within phrases often go unheard. Yet, set within the pages of **Weight Loss Plan Prices** a captivating literary value sporting with organic thoughts, lies an extraordinary quest waiting to be undertaken. Composed by an experienced wordsmith, this wonderful opus attracts visitors on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the cloth of every word. Within the psychological depths of the moving evaluation, we will embark upon a sincere exploration of the book is key subjects, dissect its fascinating publishing style, and fail to the effective resonance it evokes deep within the recesses of readers hearts.

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