

# 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 Latest

**J. Thomas Butler**



**Weight Loss Plan Latest:**

## Enjoying the Melody of Term: An Psychological Symphony within **Weight Loss Plan Latest**

In a world eaten by displays and the ceaseless chatter of quick communication, the melodic splendor and psychological symphony produced by the written term often fade into the backdrop, eclipsed by the relentless noise and distractions that permeate our lives. Nevertheless, located within the pages of **Weight Loss Plan Latest** an enchanting literary prize full of raw feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this interesting masterpiece conducts readers on an emotional journey, well unraveling the concealed tunes and profound influence resonating within each carefully constructed phrase. Within the depths of the poignant evaluation, we can investigate the book is key harmonies, analyze its enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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