

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 Price

**Lucy Beale, Sandy G. Couvillon, Beverly
Donnelley**

Weight Loss Plan Price:

Whispering the Secrets of Language: An Emotional Quest through **Weight Loss Plan Price**

In a digitally-driven earth where displays reign great and immediate communication drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases often go unheard. However, set within the pages of **Weight Loss Plan Price** a captivating fictional prize sporting with organic feelings, lies a fantastic journey waiting to be undertaken. Published by a talented wordsmith, that wonderful opus encourages visitors on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the very material of every word. Within the emotional depths of the poignant evaluation, we will embark upon a heartfelt exploration of the book's primary subjects, dissect their captivating writing model, and succumb to the effective resonance it evokes heavy within the recesses of readers' hearts.

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