

# 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 Best Login

**G Thomas**



**Weight Loss Plan Best Login:**

## Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Weight Loss Plan Best Login**

In a global inundated with displays and the cacophony of instant interaction, the profound energy and emotional resonance of verbal beauty usually diminish into obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, located within the lyrical pages of **Weight Loss Plan Best Login**, a captivating perform of literary brilliance that impulses with raw feelings, lies an remarkable journey waiting to be embarked upon. Published by a virtuoso wordsmith, that enchanting opus instructions viewers on a mental odyssey, lightly revealing the latent potential and profound influence embedded within the complicated web of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is main styles, dissect its interesting writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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