

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 Deal

L Darling-Hammond



Weight Loss Plan Deal:

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Weight Loss Plan Deal**

In a global inundated with screens and the cacophony of instantaneous interaction, the profound power and mental resonance of verbal art often disappear into obscurity, eclipsed by the continuous onslaught of sound and distractions. However, nestled within the lyrical pages of **Weight Loss Plan Deal**, a interesting work of fictional beauty that impulses with raw thoughts, lies an unique journey waiting to be embarked upon. Published by a virtuoso wordsmith, this mesmerizing opus guides viewers on a psychological odyssey, softly exposing the latent possible and profound influence stuck within the delicate web of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is central styles, dissect their captivating publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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