

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

B Lingard



Weight Loss Plan Latest:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Weight Loss Plan Latest**

In some sort of inundated with screens and the cacophony of immediate transmission, the profound power and mental resonance of verbal beauty frequently fade into obscurity, eclipsed by the regular barrage of noise and distractions. However, set within the lyrical pages of **Weight Loss Plan Latest**, a captivating perform of fictional beauty that pulses with raw thoughts, lies an unforgettable trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that magical opus courses readers on an emotional odyssey, softly exposing the latent possible and profound influence embedded within the delicate internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is key subjects, dissect their charming writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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