

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

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**American Medical Association. Section
on Practice of Medicine**

Weight Loss Plan Deal:

Whispering the Techniques of Language: An Psychological Journey through **Weight Loss Plan Deal**

In a digitally-driven earth where screens reign great and instant transmission drowns out the subtleties of language, the profound techniques and mental subtleties hidden within words usually go unheard. However, set within the pages of **Weight Loss Plan Deal** a interesting literary value blinking with organic thoughts, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, this wonderful opus encourages visitors on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the very cloth of every word. Within the mental depths of the emotional review, we can embark upon a heartfelt exploration of the book is key themes, dissect their interesting writing design, and fail to the effective resonance it evokes serious within the recesses of readers hearts.

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