

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 Top Returns

Jean Harvey-Berino



Weight Loss Plan Top Returns:

Whispering the Techniques of Language: An Emotional Journey through **Weight Loss Plan Top Returns**

In a digitally-driven world where screens reign great and quick interaction drowns out the subtleties of language, the profound techniques and mental nuances hidden within phrases frequently move unheard. Yet, set within the pages of **Weight Loss Plan Top Returns** a fascinating fictional value pulsating with raw emotions, lies an extraordinary quest waiting to be undertaken. Published by an experienced wordsmith, this marvelous opus encourages visitors on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within the material of each and every word. Within the emotional depths of the poignant evaluation, we can embark upon a heartfelt exploration of the book is key subjects, dissect their interesting publishing fashion, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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