

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 Prices

Michael Seilmaier

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Weight Loss Plan Prices:

Whispering the Secrets of Language: An Mental Journey through **Weight Loss Plan Prices**

In a digitally-driven earth where monitors reign supreme and immediate communication drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within words frequently go unheard. However, set within the pages of **Weight Loss Plan Prices** a fascinating fictional prize sporting with natural feelings, lies a fantastic journey waiting to be undertaken. Published by a talented wordsmith, this wonderful opus invites readers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within ab muscles cloth of each and every word. Within the mental depths of this emotional review, we can embark upon a sincere exploration of the book is key subjects, dissect their charming writing design, and fail to the effective resonance it evokes heavy within the recesses of readers hearts.

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