

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

J Dewey



Weight Loss Plan Latest:

Adopting the Melody of Expression: An Mental Symphony within **Weight Loss Plan Latest**

In a world consumed by screens and the ceaseless chatter of instant connection, the melodic beauty and psychological symphony produced by the prepared term frequently disappear into the back ground, eclipsed by the persistent noise and disruptions that permeate our lives. But, set within the pages of **Weight Loss Plan Latest** a charming fictional prize overflowing with organic thoughts, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, that interesting masterpiece conducts viewers on a psychological journey, well unraveling the hidden melodies and profound impact resonating within each cautiously crafted phrase. Within the depths of the emotional assessment, we can discover the book is central harmonies, analyze its enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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