

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

**Francis Gano Benedict, Walter Richard
Miles, Paul Roth, Henry Monmouth
Smith**

Weight Loss Plan Prices:

Reviewing **Weight Loss Plan Prices**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Weight Loss Plan Prices**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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