

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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The Dukan Diet William Taylor,2024-06-28 The Dukan Diet A Proven Approach to Weight Loss is your comprehensive guide to understanding and successfully implementing one of the most effective diet plans for sustainable weight loss Developed by Dr Pierre Dukan this high protein low carb diet has helped millions worldwide achieve their weight loss goals and maintain their ideal weight In this ebook you ll discover the science behind the Dukan Diet and learn about its four distinct phases Attack Cruise Consolidation and Stabilization Each phase is designed to target different aspects of weight loss and maintenance ensuring you stay motivated and on track You ll find detailed food lists sample meal plans and delicious recipes for each phase making it easy to follow the diet without feeling deprived Additionally the book includes success stories and testimonials from real people who have transformed their lives with the Dukan Diet providing inspiration and practical tips for your journey Whether you re new to dieting or looking for a more structured plan to achieve long term results The Dukan Diet A Proven Approach to Weight Loss offers everything you need to succeed Embrace a healthier lifestyle and unlock the secrets to lasting weight loss with this essential guide **10 Steps to 10K Per Week: Complete Step by Step Blueprint for Reaching Financial Independence Online** , [The Thin in 10 Weight-Loss Plan](#) Jessica Smith,Liz Neporent,2012-10-01 Best selling exercise DVD star and certified fitness and lifestyle expert Jessica Smith along with award winning health and fitness writer Liz Neporent break down weight loss into 10 minute easy to follow workouts that fit your busy schedule Step by step photos and instructions along with an exciting fast paced DVD with six 10 minute workouts make this a simple fun and sustainable program for anyone whether you re just starting out or have been at it for a while The Thin In 10 Weight Loss Plan proves once and for all that you have time to work out Getting fit feeling good and losing weight doesn t mean laboring for hours in a gym or spending hundreds of dollars on bulky high tech equipment High and low intensity fat burning and muscle building exercises along with healthful easy and quick recipes numerous tips and tricks to burning more calories throughout the day make this the essential fitness and weight loss kit This edition does not contain the bonus DVD video that s included with the paperback version of the book *Learning Web Design* Jennifer Niederst,Jennifer Niederst Robbins,2003 A guide to Web design basics covers HTML lists links tables and frames authoring programs Web graphics applications navigation systems and information and interface design [The Choose To Lose Weight-Loss Plan For Men](#) Ronald S. Goor,Nancy Goor,2000-01-13 THE CHOOSE TO LOSE WEGHT LOSS PLAN FOR MEN empowers you to control your weight by giving you all the information necessary to create your own clear quantitative fat budget No gimmicks no fluff No single food is off limits or forbidden You can eat as much as you like In addition an entire section is devoted to aerobic exercise stretching and weight training to take maximum advantage of the fat burning potential of the male body This is not a fad diet but a sustainable even enjoyable way of life for today s man Choose what you want to eat when you want to eat and how much you want to eat Food tables reveal the calorie and fat contents of more than 6 000

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