

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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LP Steffe



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Whispering the Secrets of Language: An Emotional Quest through **Weight Loss Plan Guide Open Now**

In a digitally-driven earth where screens reign great and immediate transmission drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within words frequently move unheard. However, set within the pages of **Weight Loss Plan Guide Open Now** a captivating fictional value sporting with natural feelings, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, this charming opus attracts readers on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the very fabric of each word. Within the emotional depths of the emotional evaluation, we will embark upon a honest exploration of the book is core styles, dissect their interesting writing style, and fail to the strong resonance it evokes strong within the recesses of readers hearts.

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