

# 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 Top

**Lingsheng Yao**



## **Weight Loss Plan Top:**

## Adopting the Melody of Appearance: An Psychological Symphony within **Weight Loss Plan Top**

In a global consumed by screens and the ceaseless chatter of quick interaction, the melodic elegance and mental symphony produced by the written word usually diminish into the background, eclipsed by the constant noise and interruptions that permeate our lives. Nevertheless, located within the pages of **Weight Loss Plan Top** a wonderful fictional value full of raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, this fascinating masterpiece conducts visitors on a mental trip, well unraveling the concealed tunes and profound impact resonating within each carefully constructed phrase. Within the depths of this emotional analysis, we will explore the book is key harmonies, analyze its enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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