

# 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 Usa

**M Mosston**



**Weight Loss Plan Usa:**

## Whispering the Secrets of Language: An Mental Journey through **Weight Loss Plan Usa**

In a digitally-driven world where monitors reign great and immediate transmission drowns out the subtleties of language, the profound secrets and psychological nuances concealed within phrases often get unheard. Yet, nestled within the pages of **Weight Loss Plan Usa** a charming literary treasure pulsing with raw thoughts, lies a fantastic journey waiting to be undertaken. Written by a talented wordsmith, that marvelous opus invites visitors on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within ab muscles fabric of every word. Within the emotional depths with this emotional review, we shall embark upon a honest exploration of the book is primary styles, dissect their interesting publishing model, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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