

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

J Elliott



Weight Loss Plan Top:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Weight Loss Plan Top**

In a global inundated with monitors and the cacophony of instantaneous interaction, the profound power and psychological resonance of verbal beauty frequently diminish into obscurity, eclipsed by the regular assault of sound and distractions. However, located within the lyrical pages of **Weight Loss Plan Top**, a captivating perform of fictional brilliance that impulses with raw thoughts, lies an remarkable trip waiting to be embarked upon. Penned with a virtuoso wordsmith, that mesmerizing opus books visitors on a mental odyssey, lightly revealing the latent potential and profound impact stuck within the intricate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is central themes, dissect its interesting publishing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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