

# 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 How To

**KC GOH**



## **Weight Loss Plan How To:**

## Adopting the Song of Phrase: An Psychological Symphony within **Weight Loss Plan How To**

In a world consumed by monitors and the ceaseless chatter of fast transmission, the melodic splendor and emotional symphony developed by the prepared term often disappear into the back ground, eclipsed by the relentless sound and interruptions that permeate our lives. But, situated within the pages of **Weight Loss Plan How To** an enchanting literary value brimming with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that captivating masterpiece conducts readers on a psychological trip, well unraveling the concealed songs and profound impact resonating within each carefully crafted phrase. Within the depths of the poignant examination, we shall explore the book is central harmonies, analyze its enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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