

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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**Francis Gano Benedict, Walter Richard
Miles, Paul Roth, Henry Monmouth
Smith**

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The Customized No No-Nos Weight Loss Plan Holly Bergeim,2001-09 No pain no pills no no nos no drawbacks no lifestyle changes rapid weight loss feeling good the whole time customize the plan to your needs with the doc s help and approval And prove to yourself that it can t fail What more can you want **Deception and Fraud in the Diet Industry** United States. Congress. House. Committee on Small Business. Subcommittee on Regulation, Business Opportunities, and Energy,1990 *Federal Register* ,1994-06 **Doctor Schiff's One-day-at-a-time Weight-loss Plan** Martin M. Schiff,1980 *CMR* ,2020 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 "Code of Massachusetts regulations, 2005" ,2005 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **The Massachusetts register** ,2003 "*Code of Massachusetts regulations, 2003*" ,2003 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **The Values Diet** Bradford Humphrey,Clayton Humphrey,2003-10 **"Code of Massachusetts regulations, 2014"** ,2014 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 *TV Guide* ,2002 "*Code of Massachusetts regulations, 2016*" ,2016 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 "*Code of Massachusetts regulations, 2015*" ,2015 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **Eat, Drink, and be Healthy** Janet M. Chiavetta,1995 Includes 240 low fat low cholesterol recipes with nutrition analysis sample menus for entertaining and a fast food appendix Published by Piedmont Publishers 2512 Ridge Road Raleigh NC 27612 Annotation copyright by Book News Inc Portland OR **Human Vitality and Efficiency Under Prolonged Restricted Diet** Francis Gano Benedict,Walter Richard Miles,Paul Roth,Henry Monmouth Smith,1919 **The Hollywood Trainer Weight-loss Plan** Jeanette Jenkins,2007 Outlines a holistic three week plan for wellness and weight loss as based on the author s 7 simple steps to success philosophy in a reference that provides a customizable exercise regimen menu plans and self assessment guidelines *California. Court of Appeal (1st Appellate District). Records and Briefs* California (State)., **Weight in America** Barbara Wexler,2008-10 Contains studies surveys and statistics on issues related to weight in America covering weight and physical health dietary treatment for overweight and obesity political legal and social cocerns and other topics *British Medical Journal* ,1924 *The British National Bibliography* Arthur James Wells,2009

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