

# 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 Setup

**M Mosston**



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

## Embracing the Tune of Phrase: An Emotional Symphony within **Weight Loss Plan How To Setup**

In a global taken by monitors and the ceaseless chatter of immediate connection, the melodic elegance and psychological symphony developed by the prepared term frequently disappear into the background, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, situated within the pages of **Weight Loss Plan How To Setup** an enchanting fictional value filled with organic feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that captivating masterpiece conducts viewers on a psychological trip, well unraveling the hidden songs and profound impact resonating within each cautiously constructed phrase. Within the depths with this touching evaluation, we can explore the book is key harmonies, analyze their enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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