

# 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 Discount

**Helen Gurley Brown**



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## Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Weight Loss Plan Discount**

In a world inundated with screens and the cacophony of quick interaction, the profound power and psychological resonance of verbal artistry often diminish in to obscurity, eclipsed by the regular assault of sound and distractions. However, located within the lyrical pages of **Weight Loss Plan Discount**, a fascinating perform of fictional beauty that impulses with natural thoughts, lies an memorable journey waiting to be embarked upon. Written by a virtuoso wordsmith, that exciting opus guides visitors on an emotional odyssey, lightly exposing the latent possible and profound affect stuck within the complicated web of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is main themes, dissect their captivating publishing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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