

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 Same Day Delivery

R Sandford



Weight Loss Plan Same Day Delivery:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Weight Loss Plan Same Day Delivery**

In a world inundated with displays and the cacophony of instant connection, the profound energy and emotional resonance of verbal beauty often diminish into obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, located within the musical pages of **Weight Loss Plan Same Day Delivery**, a captivating perform of literary brilliance that impulses with organic thoughts, lies an unforgettable journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that enchanting opus instructions visitors on a mental odyssey, delicately revealing the latent potential and profound impact stuck within the complicated internet of language. Within the heart-wrenching expanse of the evocative analysis, we can embark upon an introspective exploration of the book is central subjects, dissect their fascinating publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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