

# 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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**DJ Losen**



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### programme de randonnées nov et dec 2022 rando sante savoie - Jun 24 2022

web ce blog retrace les activités de rando sante savoie association basée à barberaz en savoie affiliée au réseau rando santé de la f f r p fédération française de randonnée pédestre obtention des labels ffrp en 2012 label rando santé puis en 2021 attribution du nouveau label santé marche nordique rando santé

### **randonnées et balades aix les bains savoie mont blanc** - Jun 05 2023

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### **attractions autour de aix les bains komoot** - Aug 27 2022

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des attractions 1 croix du nivelet randonnée incontournable

20 randonnées à faire neuvy le roi visorando - Feb 18 2022

web paysages de touraine autour de cléré les pins visorandonneur 15 16 km 20 m 24 m 4h25 moyenne départ à cléré les pins 37 indre et loire une randonnée au sein du village de vernou sur brenne et dans les vignes de l aoc vouvray sur le chemin plusieurs panneaux d information sur le bourg et la culture de la vigne

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itinéraire avec mappy comparez vos itinéraires - Aug 15 2021

web il favorise les axes principaux l itinéraire sans péages dans la mesure du possible empruntera des axes sans péages l itinéraire avec le moins de kilomètres c est l itinéraire le plus court en termes de distance mais pas forcément le plus rapide en termes de temps de trajet

**randonnée site internet de la mairie d aix les bains** - Feb 01 2023

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**20 randonnées à faire aix les bains visorando** - Sep 08 2023

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croix de corsuet visorandonneur 9 19 km 295 m 295 m 3h30 facile

distance entre aix les bains et calculateur de distance - Sep 15 2021

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