

# 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

**SJ Ball**



**Weight Loss Plan Same Day Delivery:**

## **Weight Loss Plan Same Day Delivery** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Weight Loss Plan Same Day Delivery**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall affect readers.

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