

# 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 Top

**Betsy A. Hornick**



## **Weight Loss Plan Top:**

## Adopting the Melody of Expression: An Mental Symphony within **Weight Loss Plan Top**

In a global consumed by displays and the ceaseless chatter of fast transmission, the melodic elegance and psychological symphony developed by the written word usually diminish into the backdrop, eclipsed by the persistent noise and interruptions that permeate our lives. Nevertheless, situated within the pages of **Weight Loss Plan Top** a charming literary value filled with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, that fascinating masterpiece conducts readers on a mental trip, well unraveling the concealed tunes and profound influence resonating within each cautiously crafted phrase. Within the depths of this moving evaluation, we can examine the book is central harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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