

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 How To Returns

Ian Pickup



Weight Loss Plan How To Returns:

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protein carbohydrate and fat are presented Steps are given for creating a variety of diet menus After weight loss maintaining the new weight through permanent diet and exercise programs is discussed rm The Treatment of diabetes mellitus Elliott Proctor Joslin,1916 *The Return Pipe System of Compressed Air Power Transmission; Paper Read at a ...meeting of the Transvaal Institute of Mechanical Engineers ...1904 with Discussion and Reply Thereon* Hans C. Behr,1905 **Modern Hospital** ,1928

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