

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 Tips Open Now

JA Banks



Weight Loss Plan Tips Open Now:

Whispering the Strategies of Language: An Mental Quest through **Weight Loss Plan Tips Open Now**

In a digitally-driven world where monitors reign great and instant interaction drowns out the subtleties of language, the profound secrets and mental subtleties concealed within words usually go unheard. Yet, nestled within the pages of **Weight Loss Plan Tips Open Now** a captivating fictional prize pulsating with organic thoughts, lies a fantastic journey waiting to be undertaken. Composed by an experienced wordsmith, this marvelous opus encourages visitors on an introspective trip, softly unraveling the veiled truths and profound impact resonating within ab muscles cloth of each and every word. Within the mental depths of the poignant evaluation, we shall embark upon a genuine exploration of the book is key themes, dissect their interesting writing style, and succumb to the effective resonance it evokes serious within the recesses of readers hearts.

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