

# 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 Deal

**Audrey Eyton**



**Weight Loss Plan Deal:**

## Adopting the Song of Appearance: An Psychological Symphony within **Weight Loss Plan Deal**

In some sort of used by screens and the ceaseless chatter of quick communication, the melodic elegance and mental symphony created by the written term usually fade into the background, eclipsed by the persistent noise and disturbances that permeate our lives. Nevertheless, set within the pages of **Weight Loss Plan Deal** a marvelous fictional value overflowing with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this charming masterpiece conducts readers on a psychological trip, skillfully unraveling the hidden songs and profound impact resonating within each carefully crafted phrase. Within the depths with this touching assessment, we will examine the book is key harmonies, analyze its enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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