

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 On Sale Sign In

Shasha Hu



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Enjoying the Melody of Appearance: An Psychological Symphony within **Weight Loss Plan On Sale Sign In**

In a world consumed by monitors and the ceaseless chatter of quick transmission, the melodic beauty and mental symphony created by the written term usually diminish into the background, eclipsed by the constant noise and distractions that permeate our lives. Nevertheless, located within the pages of **Weight Loss Plan On Sale Sign In** a charming literary treasure brimming with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, this captivating masterpiece conducts viewers on an emotional trip, skillfully unraveling the concealed tunes and profound affect resonating within each cautiously constructed phrase. Within the depths with this touching evaluation, we shall investigate the book is main harmonies, analyze its enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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