

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 Usa

Brendan G. Carr



Weight Loss Plan Usa:

Enjoying the Track of Phrase: An Emotional Symphony within **Weight Loss Plan Usa**

In a global taken by monitors and the ceaseless chatter of instant connection, the melodic beauty and psychological symphony created by the prepared term often disappear in to the background, eclipsed by the relentless sound and disturbances that permeate our lives. However, set within the pages of **Weight Loss Plan Usa** a charming literary treasure full of organic feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this charming masterpiece conducts readers on a psychological journey, skillfully unraveling the concealed songs and profound affect resonating within each carefully crafted phrase. Within the depths of this moving evaluation, we can explore the book is main 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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