

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 Same Day Delivery

Roman Wölfel



Weight Loss Plan Same Day Delivery:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Weight Loss Plan Same Day Delivery**

In a global inundated with screens and the cacophony of quick interaction, the profound power and mental resonance of verbal art often diminish into obscurity, eclipsed by the constant assault of noise and distractions. Yet, located within the musical pages of **Weight Loss Plan Same Day Delivery**, a captivating work of fictional beauty that impulses with organic emotions, lies an memorable trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, this interesting opus guides visitors on a psychological odyssey, lightly revealing the latent potential and profound influence embedded within the delicate web of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is key styles, dissect its fascinating writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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