

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 In The Us Store Hours

Yan Bai



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How to Lose Weight in Your Sleep: Easy No Diet Weight Loss Secrets to Be at Your Dream Weight , **Weekly World News** ,1996-05-28 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site **United States Code Annotated** United States,1928 **The Pan-American Diet Book** George Washington Remsburg,1930 **Vegetarian Times** ,1990-05 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Journal of the American Chemical Society** American Chemical Society,1924 Proceedings of the Society are included in v 1 59 1879 1937 [American Journal of Physiology](#) ,1924 **Journal of the American Dietetic Association** ,2000 [Federal Register](#) ,1980-02-04 **American Independent Baker** ,1929 **The American Journal of Clinical Medicine** ,1912 **Journal of the American Medical Association** American Medical Association,1924 **Annual Convention of the American Society of Superintendents of Training Schools for Nurses F 1897-1912** National League for Nursing,1915 *The New York Times Index* ,1921 *American Medicine* ,1904 *McCall's* ,1928 *American Journal of Obstetrics and Gynecology* ,1922 **American Illustrated Magazine** ,1928 [The American Food Journal](#) ,1922 *American Machinist* ,1884

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