

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 Top

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Weight Loss Plan Top:

Whispering the Techniques of Language: An Emotional Quest through **Weight Loss Plan Top**

In a digitally-driven earth where monitors reign great and immediate communication drowns out the subtleties of language, the profound techniques and psychological nuances concealed within phrases often go unheard. However, set within the pages of **Weight Loss Plan Top** a fascinating literary prize pulsating with fresh thoughts, lies an exceptional quest waiting to be undertaken. Published by an experienced wordsmith, this charming opus attracts readers on an introspective trip, softly unraveling the veiled truths and profound impact resonating within the material of every word. Within the mental depths of this emotional review, we can embark upon a sincere exploration of the book's core styles, dissect its interesting writing model, and yield to the strong resonance it evokes serious within the recesses of readers' hearts.

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