

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

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The Customized No "No-Nos" Weight Loss Plan Holly Bergeim,2001-09-17 No pain no pills no no nos no drawbacks no lifestyle changes rapid weight loss feeling good the whole time customize the plan to your needs with the doc s help and approval And prove to yourself that it can t fail What more can you want **The L.A. Shape Diet** David Heber,2004-03-16 From one of today s most respected diet and nutrition experts a 14 day weight loss plan designed to help you change your shape for life using a new breakthrough personalized protein prescription that has worked for thousands of his patients Dr David Heber s groundbreaking book What Color Is Your Diet introduced us to the Color Code building a healthy diet based on colorful fruits and vegetables His new book The LA Shape Diet combines the sound nutritional basis of the Color Code with his newest research from the UCLA Center for Nutrition which shows you how to analyse your body shape personal protein needs and metabolism and not only lose weight but also change your body shape This has major appeal to the millions of Americans who may be able to lose weight but are still dissatisfied with the look of their bodies and end up gaining the weight back anyway Dr Heber maintains that everyone is born with a particular shape and that this shape makes a huge difference in how you should approach weight loss Dr Heber teaches the difference between the shape you can change and the shape you cannot and how to do this with the right amount of dietary protein Based on over 3500 measurements made by his researchers at UCLA Dr Heber has come up with tables that estimate how much protein you need in your diet at a given height and weight and how many calories you should consume every day Then Dr Heber helps you build your own ideal diet starting with protein then 7 colorful servings of fruits and vegetables providing 25 grams of filling fiber and finally whole grains Dr Heber explains not only glycemic index how fast blood sugar goes up but glycemic load glycemic index how much carbohydrate a food provides which determines how a particular food affects the overall diet He groups foods into four tables to make it easy for readers to navigate their dinner table In a world of dietary fads and one size fits all pseudo miracle diets The LA Shape Diet is the most effective easy to follow scientifically sound dietary plan you ll find The Paleo Weight Loss Plan Telamon Press,2014-01-13 See amazing results with The Paleo Weight Loss Plan The Paleo diet is one of the most efficient diets for losing weight With protein packed meals and healthy fats Paleo helps you cut out unnecessary calories put on muscle and train your body to burn fat The Paleo Weight Loss Plan will show you how to get the most out of the Paleo diet with easy recipes and meal plans to help you melt away extra pounds With The Paleo Weight Loss Plan you will be able to improve your strength your energy and most of all your waistline The Paleo Weight Loss Plan makes it easy to lose weight on Paleo with 86 simple delicious Paleo recipes including Biscuits Gravy Paleo Sloppy Joes Chicken Fajitas and Raw Fudge Brownies 10 day Paleo weight loss meal plan The science behind the Paleo diet and its many health benefits Essential Paleo foods to stock your pantry refrigerator and freezer 10 easy tips to help you stick to the Paleo diet The Paleo Weight Loss Plan will not only show you how to give your body the fuel it naturally craves it will show you how to get lean and lose weight

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