

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 Deal

JL Elias



Weight Loss Plan Deal:

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Weight Loss Plan Deal**

In a world inundated with monitors and the cacophony of quick conversation, the profound energy and emotional resonance of verbal beauty usually diminish into obscurity, eclipsed by the regular assault of sound and distractions. Yet, set within the lyrical pages of **Weight Loss Plan Deal**, a fascinating perform of literary elegance that impulses with natural emotions, lies an remarkable trip waiting to be embarked upon. Composed with a virtuoso wordsmith, this mesmerizing opus instructions readers on a psychological odyssey, delicately revealing the latent potential and profound affect embedded within the complex internet of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is main styles, dissect their captivating publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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