

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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FDA Consumer ,1977 *FDA Papers* ,1977 **The Enzyme Diet Solution** Allan C. Somersall,Dr Allan C Somersall, Ph.D., M.D.,2003-08-28 Body weight is an intensely personal thing There s no escaping it It greets you every morning in the bathroom mirror it follows you throughout the day by the reflections in the eyes of everyone you meet and it whispers a good night benediction as you put out your vanity light It is your second face Dr Allan C Somersall **The Massachusetts register** ,2003 **Tcoy7 Ocps Special Sale** Donald Vickery,2003-04 **"Code of Massachusetts regulations, 2003"** ,2003 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **Farm Implement News** ,1916 **Atkinson's Evening Post and Philadelphia Saturday News** ,1957-09 *In Re Porter & Dietsch, Inc* ,1978 *TV Guide* ,2006 **Notices of Judgment Under the Federal Food, Drug, and Cosmetic Act** United States. Food and Drug Administration,1966 *California. Court of Appeal (1st Appellate District). Records and Briefs* California (State)., Fast, Cheap, and Easy JoAnna M. Lund,1999 When time and money are tight there is a better solution than greasy fast food In this collection of 100 original recipes the author shows us how to create meals that are tasty and healthy from start to finish including appetizers salads vegetables main dishes and desserts And she s made sure that none of her recipes are budget breakers or backbreakers so even the busiest and most cost conscious cook can count on them for simplicity and satisfaction Back cover "Code of Massachusetts regulations, 2015" ,2015 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **California. Supreme Court. Records and Briefs** California (State)., Court of Appeal Case s A049648 *The Illustrated Weekly of India* ,1978 **The Publishers Weekly** ,1918 Cosmopolitan Helen Gurley Brown,1985-04 **2008 Employee Benefits** ,2008 *Proceedings of the Casualty Actuarial and Statistical Society of America* Casualty Actuarial Society,1981 List of members for the years 1914 20 are included in v 1 7 after which they are continued in the Year book of the society begun in 1922

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