

# 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 2025 Setup

**ML Yell**



## **Weight Loss Plan 2025 Setup:**

## Embracing the Track of Phrase: An Emotional Symphony within **Weight Loss Plan 2025 Setup**

In a global used by monitors and the ceaseless chatter of fast conversation, the melodic beauty and emotional symphony produced by the published term frequently disappear in to the back ground, eclipsed by the constant sound and distractions that permeate our lives. But, nestled within the pages of **Weight Loss Plan 2025 Setup** an enchanting literary prize brimming with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, this fascinating masterpiece conducts viewers on a psychological trip, skillfully unraveling the hidden melodies and profound affect resonating within each cautiously crafted phrase. Within the depths with this touching assessment, we will explore the book is key harmonies, analyze their enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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