

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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"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 **Tcoy7 Ocps Special Sale** Donald Vickery,2003-04 *Farm Implement News* ,1916 **Atkinson's Evening Post and Philadelphia Saturday News** ,1957-09 The Massachusetts register ,2003 **In Re Porter & Dietsch, Inc** ,1978 TV Guide ,2006 The Oil Miller ,1929 **California. Court of Appeal (1st Appellate District). Records and Briefs** California (State).,

California. Supreme Court. Records and Briefs California (State)., Court of Appeal Case s A049648 **The Publishers Weekly** ,1918 "*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 **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 Television/radio Age ,1987 *Iron Trade Review* ,1907

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