

# 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 Usa

**Alan Rees**



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*Official Gazette of the United States Patent and Trademark Office* ,2007      Nutrition Monitoring in the United States ,1993 Contains reports from Interagency Board for Nutrition Monitoring and Related Research agencies that highlight recent findings or trend data from some of the activities in the Nutrition Monitoring Program The reports provide a sampling of the variety of data available in the NNMRRP The Chartbook is divided into five sections that reflect the five measurement areas of the Nutrition Monitoring Program These are nutritional status and related health measurements food and nutrient consumption knowledge attitudes and behavior assessments food composition and nutrient data bases and food supply determinations      **McCall's** ,1996      *Consumer Health USA* Alan M. Rees,1997      Weekly World News ,1996-01-30 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site

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