

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 Prices

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Weight Loss Plan Prices:

Whispering the Secrets of Language: An Psychological Quest through **Weight Loss Plan Prices**

In a digitally-driven world where monitors reign supreme and immediate conversation drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within words frequently go unheard. However, set within the pages of **Weight Loss Plan Prices** a fascinating fictional treasure pulsing with fresh thoughts, lies an exceptional journey waiting to be undertaken. Written by a talented wordsmith, that wonderful opus invites visitors on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within the fabric of each word. Within the emotional depths with this emotional review, we will embark upon a genuine exploration of the book is core styles, dissect its interesting writing design, and fail to the strong resonance it evokes heavy within the recesses of readers hearts.

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