

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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J Spring



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The Love Diet Connie Guttersen,Mark Dedomenico,2016-05-03 All You Need is Love From the New York Times best selling author of The Sonoma Diet and the acclaimed medical director of 20 20 Lifestyles one of the country s most successful weight loss clinics comes the revolutionary plan that will forever change the way you feel about food yourself and how you look According to doctors Connie Guttersen and Mark Dedomenico the secret to successfully losing weight isn t HDL LDL or DNA It s LOVE loving yourself loving your body loving your overall health Self doubt and self loathing are responsible for our dysfunctional relationships with food and our destructive health habits which inevitably lead to poor nutrition unwanted weight and dangerously low self esteem Learning to recognize your own worth is the first step to finding the waistline and the life you deserve Drawing on their revelatory research the latest science on nutrition and weight loss and thousands of patients accounts Dr Guttersen and Dr Dedomenico have developed the Love Diet an accessible practical and proven plan to transform your body emotionally mentally and physically from the inside out The Love Diet includes 21 days of meal plans for breakfast lunch snacks and dinner based on ideal nutrient distribution and nutritional strategies for both men and women Illustrated power pairings for feel good meals and easy to manage portion control Anti inflammatory diet strategies to limit the metabolic syndromes of obesity Low glycemic meals specifically designed to optimize your body s blood sugar level decrease cravings improve energy and promote weight loss Micronutrient information related to the science behind the gut brain connection Combining good nutrition with positive emotional reinforcement The Love Diet can deliver sustained weight loss and radically transform you mind body and soul

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