

# 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 Discount

**DJ Losen**



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**FDA Consumer** ,1977    **FDA Papers** ,1977    *The Enzyme Diet Solution* Allan C. Somersall,Dr Allan C Somersall, Ph.D., M.D.,2003-08-28 Body weight is an intensely personal thing There s no escaping it It greets you every morning in the bathroom mirror it follows you throughout the day by the reflections in the eyes of everyone you meet and it whispers a good night benediction as you put out your vanity light It is your second face Dr Allan C Somersall    McCall's ,2000-10

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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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