

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 2025 Tutorial

JG Myers



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web 1 define each remember oil rig oxidation is loss of e reduction is gain of e a oxidation b reduction c oxidizing agent d reducing agent 2 write half reactions for each of the following atoms or ions label each as oxidation or reduction use the activity series chart a Al b Ba²⁺ c Br⁻ d Ca e Ga³⁺ f H₂ g H

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web during oxidation and reduction the oxidation numbers of atoms change if an atom is oxidized its oxidation number increases ie it becomes more ve or less ve if an atom is reduced its oxidation number decreases ie it becomes less ve or more ve

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web describe redox reactions in terms of electron transfer recall that oxidation involves loss of electrons and reduction involves gain of electrons represent simple redox reactions using half equations identify oxidising and reducing agents for simple redox reactions understand the reactivity of metals and metal displacement reaction

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web write the oxidation and reduction reactions for each redox reaction the first one is done for you $23 \text{ Fe} + \text{Co} \rightarrow \text{Co} + \text{Fe}$
oxidation $\text{Co} \rightarrow \text{Co}^{2+} + 2\text{e}^{-}$ reduction $\text{Fe}^{2+} + 2\text{e}^{-} \rightarrow \text{Fe}$ $24 \text{ 3 Ag} + \text{Ni} \rightarrow \text{Ni} + 3 \text{ Ag}$ oxidation reduction $25 \text{ Cu} + \text{Pb} \rightarrow \text{Pb} + \text{Cu}$ oxidation reduction 26 O_2

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 $5\text{CO} + \text{I}_2 \rightarrow 5\text{CO}_2 + \text{I}_2$ $\text{O}_5 + 5\text{CO} \rightarrow \text{I}_2 + 5\text{CO}_2$

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