

# 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 Update Sign In

**Lingsheng Yao**



**Weight Loss Plan Update Sign In:**

## Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Weight Loss Plan Update Sign In**

In some sort of inundated with monitors and the cacophony of fast conversation, the profound power and psychological resonance of verbal beauty often diminish into obscurity, eclipsed by the constant barrage of noise and distractions. However, set within the musical pages of **Weight Loss Plan Update Sign In**, a fascinating function of fictional beauty that impulses with raw feelings, lies an remarkable trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this interesting opus instructions viewers on an emotional odyssey, softly exposing the latent potential and profound influence stuck within the complicated web of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is key styles, dissect their charming writing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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