

# 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

**Lei Huang**



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web she found that the whale sharks in offshore habitats travelled more and occupied deeper waters than those within the bay it appears that the younger male whale sharks are more opportunistic and for many the ready supply of food at the bagan platforms in cenderawasih bay was reason enough to stay

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web a whale shark the size of a school bus swims slowly near the surface of the ocean its wide mouth is open like an enormous net scooping up whatever happens to be around mostly small fish fish

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web whale sharks are highly migratory and it is thought that their movement is associated both with abundance of food in the area as well as breeding behaviors scientists are still researching the life cycle of whale sharks but it is believed that male whale sharks begin maturing around 17 years old and females around 19 22 years old

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web the whale shark rhincodon typus is a slow moving filter feeding carpet shark and the largest known extant fish species the largest confirmed individual had a length of 18 8 m 61 7 ft the whale shark holds many records for size in the animal kingdom most notably being by far the largest living nonmammalian vertebrate

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web the whale shark is oviparous meaning the female sharks produce eggs that are hatched inside of her these eggs are not all born at once but are born in a steady stream over a certain period able to birth around 300 young whale sharks reach sexual maturity at 30 years and live to a total of around 70 to 100 years

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