

# 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

**Mike Jess**



## **Weight Loss Plan 2025 Tutorial:**

The book delves into Weight Loss Plan 2025 Tutorial. Weight Loss Plan 2025 Tutorial is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Weight Loss Plan 2025 Tutorial, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
  - Chapter 1: Introduction to Weight Loss Plan 2025 Tutorial
  - Chapter 2: Essential Elements of Weight Loss Plan 2025 Tutorial
  - Chapter 3: Weight Loss Plan 2025 Tutorial in Everyday Life
  - Chapter 4: Weight Loss Plan 2025 Tutorial in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Weight Loss Plan 2025 Tutorial. This chapter will explore what Weight Loss Plan 2025 Tutorial is, why Weight Loss Plan 2025 Tutorial is vital, and how to effectively learn about Weight Loss Plan 2025 Tutorial.
3. In chapter 2, this book will delve into the foundational concepts of Weight Loss Plan 2025 Tutorial. This chapter will elucidate the essential principles that need to be understood to grasp Weight Loss Plan 2025 Tutorial in its entirety.
4. In chapter 3, the author will examine the practical applications of Weight Loss Plan 2025 Tutorial in daily life. The third chapter will showcase real-world examples of how Weight Loss Plan 2025 Tutorial can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Weight Loss Plan 2025 Tutorial in specific contexts. The fourth chapter will explore how Weight Loss Plan 2025 Tutorial is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Weight Loss Plan 2025 Tutorial. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Weight Loss Plan 2025 Tutorial.

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