

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

CH Cherryholmes



Weight Loss Plan 2025 Tutorial:

Enjoying the Beat of Phrase: An Emotional Symphony within **Weight Loss Plan 2025 Tutorial**

In some sort of taken by displays and the ceaseless chatter of instantaneous communication, the melodic elegance and emotional symphony created by the written word frequently fade into the background, eclipsed by the relentless noise and distractions that permeate our lives. Nevertheless, situated within the pages of **Weight Loss Plan 2025 Tutorial** a marvelous fictional value filled with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, that charming masterpiece conducts viewers on a psychological trip, skillfully unraveling the concealed tunes and profound influence resonating within each cautiously crafted phrase. Within the depths of this poignant analysis, we will investigate the book's main harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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