

# 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 Top

**SA Adler**



## **Weight Loss Plan Top:**

## Enjoying the Tune of Term: An Emotional Symphony within **Weight Loss Plan Top**

In some sort of taken by screens and the ceaseless chatter of fast connection, the melodic beauty and mental symphony created by the published word often fade in to the background, eclipsed by the constant noise and disturbances that permeate our lives. However, nestled within the pages of **Weight Loss Plan Top** a charming fictional value brimming with fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this fascinating masterpiece conducts readers on a mental journey, well unraveling the concealed melodies and profound influence resonating within each carefully constructed phrase. Within the depths of this moving examination, we can examine the book is central harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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