

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

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Weight Loss Plan Top:

Whispering the Secrets of Language: An Mental Journey through **Weight Loss Plan Top**

In a digitally-driven earth wherever screens reign supreme and quick communication drowns out the subtleties of language, the profound secrets and mental nuances concealed within phrases frequently go unheard. Yet, located within the pages of **Weight Loss Plan Top** a interesting literary prize sporting with fresh emotions, lies an exceptional quest waiting to be undertaken. Penned by a skilled wordsmith, that enchanting opus attracts visitors on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the very material of each and every word. Within the mental depths of the moving evaluation, we will embark upon a sincere exploration of the book is key styles, dissect their charming writing type, and yield to the powerful resonance it evokes deep within the recesses of readers hearts.

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