

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 Usa

**United States. Food and Drug
Administration**



Weight Loss Plan Usa:

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Weight Loss Plan Usa**

In a global inundated with screens and the cacophony of instantaneous transmission, the profound power and emotional resonance of verbal beauty often disappear in to obscurity, eclipsed by the constant onslaught of sound and distractions. Yet, located within the musical pages of **Weight Loss Plan Usa**, a charming perform of fictional brilliance that impulses with natural feelings, lies an unique journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, this interesting opus courses visitors on a mental odyssey, gently exposing the latent possible and profound impact stuck within the complicated internet of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is central themes, dissect its interesting writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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