

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 How To Store Hours

**William Brodie, Francis Edward
Stewart, John J. Mulheron, Albert Brown
Lyons**

Weight Loss Plan How To Store Hours:

Whispering the Strategies of Language: An Emotional Journey through **Weight Loss Plan How To Store Hours**

In a digitally-driven earth where monitors reign great and instant transmission drowns out the subtleties of language, the profound strategies and emotional subtleties concealed within words frequently get unheard. However, set within the pages of **Weight Loss Plan How To Store Hours** a fascinating fictional value pulsing with natural feelings, lies an exceptional quest waiting to be undertaken. Published by a talented wordsmith, that charming opus invites readers on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the very cloth of each and every word. Within the psychological depths with this moving review, we can embark upon a genuine exploration of the book's core themes, dissect their interesting writing design, and fail to the strong resonance it evokes heavy within the recesses of readers' hearts.

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