

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

Jeanette Jenkins



Weight Loss Plan Top:

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

In a digitally-driven earth where displays reign supreme and quick transmission drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within words often get unheard. However, situated within the pages of **Weight Loss Plan Top** a charming literary treasure pulsating with fresh emotions, lies an extraordinary journey waiting to be undertaken. Composed by a talented wordsmith, this charming opus invites readers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the very material of each and every word. Within the emotional depths of the emotional review, we can embark upon a heartfelt exploration of the book is core themes, dissect their fascinating writing fashion, and fail to the strong resonance it evokes heavy within the recesses of readers hearts.

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