

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 Best Login

Dr. Praachiety Punndey

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Detox-Body,Mind & Intellect- Connect to 2:2 Human Kokoro Dr. Praachiety Punndey, Detox Body Mind Intellect Connect to 2 2 Human Kokoro is a groundbreaking wellness guide by Dr Praachietiy Punndey It offers a practical easy to follow detox journey using the innovative Glamowell method Combining science spirituality and psychology the book empowers you to cleanse your body quiet your mind and awaken your intellect With home tests journaling activities and clear tools for implementation this book is a 360 detox plan for sustainable well being **Trimming Your Waistline** R. Matheny PhD RDN,2019-02-14 Obesity among American adults is reaching an alarming level presenting medical and emotional challenges for the individuals and their families In Trimming Your Waistline author Dr R Matheny a registered dietitian provides practical advice to prevent or correct weight problems in men and women that are reducing their quality of life Also helpful for health professionals in weight management and the paraprofessionals who assist them Trimming Your Waistline gives information about the following weight related practices improving weight body mass index BMI and waist circumference and improving health by becoming an informed patient preparing mentally for the task of losing weight and reducing stress levels learning basic nutrition facts and information about nutrition and dietary supplement labeling improving dietary intake and eating practices selecting a weight loss plan and developing a personalized physical activity program tallying improvements made during a weight loss program and determining a weight maintenance plan and commitments for healthy practices in weight maintenance for the future A companion to Healthy Weight The Best Birthday Gift for Your Child Trimming Your Waistline offers dieters a hands on step by step experience that answers not only what problems have caused them to gain the extra pounds but also how to correct them **Dr. Dan's Super Weight Loss Plan** Dan Curtis,2005

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American College of Physicians Home Medical Adviser David R. Goldmann, David A. Horowitz, 2002. Presents 150 diagnostic charts designed to assist in identifying the most likely causes of common symptoms and provides advice on treatment, medical care and therapeutic options. **Forecast**, 1924 *Mosby's Comprehensive Review of Practical Nursing* Mary O. Eyles, 1998. The bestselling review book for the NCLEX-PN reflects changes in practice and addresses the computerized licensure examination. The author covers core clinical areas including medical, surgical, pediatric, obstetric and mental health nursing as well as anatomy and physiology, pharmacology, nutrition and gerontology. A sample 100 question test is included on the disk. **British Medical Journal**, 1902 **Consumer Health & Nutrition Index**, 1989

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