

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 Deal

Audrey Eyton



Weight Loss Plan Deal:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Weight Loss Plan Deal**

In some sort of inundated with displays and the cacophony of quick interaction, the profound power and mental resonance of verbal art usually fade into obscurity, eclipsed by the regular barrage of noise and distractions. Yet, nestled within the lyrical pages of **Weight Loss Plan Deal**, a captivating function of literary brilliance that pulses with natural emotions, lies an memorable journey waiting to be embarked upon. Composed by a virtuoso wordsmith, this enchanting opus instructions readers on an emotional odyssey, gently revealing the latent possible and profound influence stuck within the complicated internet of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is central themes, dissect its fascinating publishing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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