

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

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Federal Register ,1997-06-05 *The Behavioral Foundations of Public Policy* Eldar Shafir,2013-01-10 An interdisciplinary look at the behavioral roots of public policy from the field's leading experts In recent years remarkable progress has been made in behavioral research on a wide variety of topics from behavioral finance labor contracts philanthropy and the analysis of savings and poverty to eyewitness identification and sentencing decisions racism sexism health behaviors and voting Research findings have often been strikingly counterintuitive with serious implications for public policymaking In this book leading experts in psychology decision research policy analysis economics political science law medicine and philosophy explore major trends principles and general insights about human behavior in policy relevant settings Their work provides a deeper understanding of the many drivers cognitive social perceptual motivational and emotional that guide behaviors in everyday settings They give depth and insight into the methods of behavioral research and highlight how this knowledge might influence the implementation of public policy for the improvement of society This collection examines the policy relevance of behavioral science to our social and political lives to issues ranging from health environment and nutrition to dispute resolution implicit racism and false convictions The book illuminates the relationship between behavioral findings and economic analyses and calls attention to what policymakers might learn from this vast body of groundbreaking work Wide ranging investigation into people's motivations abilities attitudes and perceptions finds that they differ in profound ways from what is typically assumed The result is that public policy acquires even greater significance since rather than merely facilitating the conduct of human affairs policy actually shapes their trajectory The first interdisciplinary look at behaviorally informed policymaking Leading behavioral experts across the social sciences consider important policy problems A compendium of behavioral findings and their application to relevant policy domains

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