

# 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 Latest Open Now

**G Thomas**



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Council,1930      *The New Schaff-Herzog Encyclopedia of Religious Knowledge* Johann Jakob Herzog,Albert Hauck,Samuel Macauley Jackson,Charles Colebrook Sherman,George William Gilmore,1911      **From Czar to Bolshevik** Edward Percy Stebbing,1918 Eye witness account of the revolution and fall of the Provisional Government based on the experiences of British forester and entymologist Edward Percy Stebbing 1870 1960 who was travelling through Russia and Petrograd during the crucial months of April to October 1917      **The Encyclopædia Britannica** Hugh Chisholm,James Louis Garvin,1926

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web la dieta del brodo consiste in un piano alimentare di 21 giorni durante i quali si alternano due giorni di mini digiuno incentrato sul brodo di carne e cinque giorni di assunzione libera di calorie sempre rispettando i consigli della nutrizionista

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