

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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web oct 9 2023 i wish you a beautiful nurse s day and that all the good things in life come your way you are an excellent professional and an even better person never change i hope that you can get some rest today because you have been working more than ever thanks for everything you do and have a happy nurse s day

our nurses our future international nurses day 2023 theme - Nov 28 2022

web ind 12 january 2023 the international council of nurses icn today announced the theme for international nurses day ind

2023 our nurses our future and launched its new ind logo icn president dr pamela cipriano explained the theme our nurses
international nurses day world health organization who - Jul 05 2023

web 12 may 2021 today is international nurses day a global celebration of nurses and the critical role they play in keeping the world healthy who commemorates the day just a week after the 5 may celebration of the international day of the midwife which this year focused on mobilizing increased investments in the midwifery workforce
investing in nursing and respecting nurses rights key themes for - Dec 30 2022

web dec 23 2021 the international council of nurses icn has announced the new theme for international nurses day ind 2022 nurses a voice to lead invest in nursing and respect rights to secure global health focusing on the need to protect support and invest in the nursing profession to strengthen health systems around the world each year icn

international nurses day wikipedia - Apr 21 2022

web international nurses day ind is an international day observed around the world on 12 may the anniversary of florence nightingale s birth each year to mark the contributions that nurses make to society

on international nurses day we thank our nursing colleagues - Apr 02 2023

web on may 12th 2020 international nurses day and the 200th anniversary of florence nightingale s birth we thank our nursing colleagues and hope they stay safe and strong christine hancock was general secretary royal college of nursing 1989 2001 and president of international council of nurses 2001 2005

speech for international nurses day beehive govt nz - Sep 07 2023

web may 12 2009 i am honoured to help mark international nurses day which is tomorrow and to celebrate the people who are part of the backbone of our health system nursing has been a profession with high standards and a strong sense of
speech on nurses day aspiringyouths com - Jul 25 2022

web 2 minute speech on nurses day ladies and gentlemen i take immense pleasure in addressing you all today on the occasion of international nurses day this day holds great significance as it is dedicated to the unsung heroes of the healthcare world the nurses each year on the 12th of may we commemorate the birth anniversary of florence

international nurses day 12 may 2021 regional office for africa - Aug 06 2023

web 12 may 2021 message of who regional director for africa dr matshidiso moeti on 12 may every year the world celebrates international nurses day in recognition of the tireless contribution of nurses to saving lives and providing quality care for their patients

100 happy nurses day and week 2023 messages and wishes - Mar 21 2022

web may 12 2023 every day should be nurses day because there is so much to thank you for 4 you give so many patients a reason to smile happy nurses day to you 5 being a nurse is a profession full of

international nurses day 2022 who regional office for africa - Mar 01 2023

web may 12 2022 regional director speeches messages international nurses day 2022 international nurses day 2022 12 may 2022 message from who regional director for africa dr matshidiso moeti

[international nurses day 2023 to focus on future of nursing times](#) - Aug 26 2022

web international nurses day 2023 to focus on future of nursing nursing times looking at the brighter future of nursing and how the profession can improve global health for all will be the focus of this year s international nurses day it has been announced

[speech for ministry of health event celebrating international nurses day](#) - Sep 26 2022

web may 13 2009 welcome everyone it is a pleasure to be here with you today to help celebrate international nurses day and to applaud the great work done by new zealand nurses in so many different and challenging settings both here and overseas