

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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How to Lose Weight in Your Sleep: Easy No Diet Weight Loss Secrets to Be at Your Dream Weight ,

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1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Weight Loss Plan In The Us Store Hours
 - Chapter 2: Essential Elements of Weight Loss Plan In The Us Store Hours
 - Chapter 3: Weight Loss Plan In The Us Store Hours in Everyday Life
 - Chapter 4: Weight Loss Plan In The Us Store Hours in Specific Contexts
 - Chapter 5: Conclusion
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3. In chapter 2, this book will delve into the foundational concepts of Weight Loss Plan In The Us Store Hours. This chapter will elucidate the essential principles that need to be understood to grasp Weight Loss Plan In The Us Store Hours in its entirety.
4. In chapter 3, this book will examine the practical applications of Weight Loss Plan In The Us Store Hours in daily life. The third chapter will showcase real-world examples of how Weight Loss Plan In The Us Store Hours can be effectively utilized in everyday scenarios.
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