

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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Ted Sudol, Paul Mladjenovic



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10 Steps to 10K Per Week: Complete Step by Step Blueprint for Reaching Financial Independence Online , Digital Health Applications: Acceptance, Benefit Assessment, and Costs from the Perspective of Patients and Medical Professionals Tonio Schoenfelder , Tom Schaal, Anja Mocek, 2024-11-12

Digital health applications DHAs are increasingly being used in patient care in various healthcare systems around the world In some countries such as Belgium and Germany legal frameworks already allow for DHA integration into standard care and their prescription and uniform reimbursement via the patient's health insurance In many other European countries and the USA such a process is still in development DHAs are primarily used by patients themselves but also in consultation with physicians therapists or other healthcare providers They offer the potential for improved health outcomes and increased access to health services especially in rural areas and may lead to an overall improvement in the quality of care The validity of studies on the effects of DHAs on patients and health care systems in general is currently limited since study methods applied do often not allow for drawing causal relationships and most studies focus only on patient outcomes but do not assess how traditional care processes need to be adapted so that DHAs can be effective Therefore unambiguous evidence on which patient relevant outcomes can be improved specifically as a result of integrating DHA into the process of care is currently lacking

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