

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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Juice Fasting: Reboot Your Body - Best Diet for Wellness and Weight Loss Kaitlin Louie, 2012-07-24 Juice fasting is a popular way to detoxify lose weight or challenge your mind and body Yoga practitioners from Yoga Journal magazine expound upon the benefits of fasting and its ability to rid our bodies of the old stuff acid toxins and mucus that build up in our digestive systems leaving us light cleansed and refreshed Similarly Mary Beth Janssen of Organic Spa Magazine wrote about how her 28 day cleanse with Goddess of Raw and Guru of Detox Kathryn Calabrese made her feel amazing and left her body leaner meaner and noticeably more flexible This book aims to integrate the positive aspects of juice fasting while also including allowances such as optional snacks of lean protein that increase your chances of success You will find an action plan for afterwards so that you can continue your healthy habits The goal of this book is to help you lose weight in a sustainable manner and integrate positive health choices into your daily life **Cost Reduction and Control Best**

Practices Institute of Management and Administration (IOMA), 2013-08-12 Cost Reduction and Control Best Practices provides financial managers with no nonsense balanced and practical strategies that are being targeted and used nationwide for controlling costs by thousands of companies in areas such as human resources compensation benefits purchasing outsourcing use of consultants taxes and exports These best practices are based on the trenches experience research proprietary databases and consultants from the Institute of Management and Administration IOMA and other leading experts in their fields Provides best practices and techniques for controlling costs within a company New chapters focus on outsourcing costs downsizing consultants costs and business tax costs Provides the latest strategies companies are using to control costs Plunkett's Retail Industry Almanac: Retail Industry Market Research, Statistics, Trends & Leading Companies Jack W. Plunkett, 2007-12 No other guide covers the complete retail picture like this exciting new volume America's retail industry is in the midst of vast changes superstores and giant discounters are popping up on major corners Malls are lagging while power centers are surging ahead Savvy firms are combining bricks clicks and catalogs into multi channel retail powerhouses Which are the hottest retailers What lies ahead Our market research section shows you the trends and a thorough analysis of retail technologies chain stores shopping centers mergers finances and future growth within the industry Included are major statistical tables showing everything from monthly U S retail sales by sector to mall sales per square foot to the 10 largest malls in the US Meanwhile the corporate profiles section covering nearly 500 firms gives you complete profiles of the leading fastest growing retail chains across the nation From Wal Mart and Costco to Barnes Noble and Amazon we profile the major companies that marketing executives investors and job seekers most want to know about These profiles include corporate name address phone fax web site growth plans competitive advantage financial histories and up to 27 executive contacts by title Purchasers of the printed book or PDF version may receive a free CD ROM database of the corporate profiles enabling export of vital corporate data for mail merge and other uses Customer Service for

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