

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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American Heart Association



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The Paleo Weight Loss Plan Telamon Press,2014-01-13 See amazing results with The Paleo Weight Loss Plan The Paleo diet is one of the most efficient diets for losing weight With protein packed meals and healthy fats Paleo helps you cut out unnecessary calories put on muscle and train your body to burn fat The Paleo Weight Loss Plan will show you how to get the most out of the Paleo diet with easy recipes and meal plans to help you melt away extra pounds With The Paleo Weight Loss Plan you will be able to improve your strength your energy and most of all your waistline The Paleo Weight Loss Plan makes it easy to lose weight on Paleo with 86 simple delicious Paleo recipes including Biscuits Gravy Paleo Sloppy Joes Chicken Fajitas and Raw Fudge Brownies 10 day Paleo weight loss meal plan The science behind the Paleo diet and its many health benefits Essential Paleo foods to stock your pantry refrigerator and freezer 10 easy tips to help you stick to the Paleo diet The Paleo Weight Loss Plan will not only show you how to give your body the fuel it naturally craves it will show you how to get lean and lose weight permanently

The Low Carb Cookbook & Weight Loss Plan Pamela Ellgen,2017-07-25 Lower carbs and weight with this delicious plan In The Low Carb Cookbook Weight Loss Plan you ll learn how to lose weight on a scientifically proven low carb high fat diet Sounds impossible but it works and you get to have bacon Discover 120 recipes specifically designed for the ketogenic diet to help you reach your weight goals while still loving what you eat This low carb cookbook and meal plan lays out your first three weeks alongside shopping lists refrigerator stocking tips and more Already on a keto kick Banish meal boredom with new recipes complete with macronutrient info The Low Carb Cookbook Weight Loss Plan includes Burn fat the ketogenic way Learn how to complement your low carbohydrate intake with a boost of high fat foods for optimal weight loss A clear 3 week meal plan The 21 day plan in this low carb cookbook includes options for paleo diabetes friendly and low sodium diets Over 120 tasty recipes Enjoy Ricotta Stuffed Crepes Curried Chicken Salad Mint Marinated Artichoke Hearts Beef Mushroom Stroganoff and yes Chocolate Chip Cookies Re energize your low carb lifestyle with a keto twist The Low Carb Cookbook Weight Loss Plan makes it easy and delicious

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