

# 15 DAY WEIGHT LOSS PLAN

## WORKOUTS

<b>UPPER BODY A</b>	<b>SETS</b>	<b>REPS</b>
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
<b>LOWER BODY A</b>	<b>SETS</b>	<b>REPS</b>
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
<b>SHOULDERS &amp; ARMS</b>	<b>SETS</b>	<b>REPS</b>
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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"Code of Massachusetts regulations, 2005" ,2005 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020    Federal Register ,1994-06    **Doctor Schiff's One-day-at-a-time Weight-loss Plan** Martin M. Schiff,1980    "Code of Massachusetts regulations, 2003" ,2003 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020    **The Massachusetts register** ,2003    **The Values Diet** Bradford Humphrey,Clayton Humphrey,2003-10    CMR ,2020 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020    "Code of Massachusetts regulations, 2014" ,2014 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020    **"Code of Massachusetts regulations, 2015"** ,2015 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020    **The Hollywood Trainer Weight-loss Plan** Jeanette Jenkins,2007 Outlines a holistic three week plan for wellness and weight loss as based on the author s 7 simple steps to success philosophy in a reference that provides a customizable exercise regimen menu plans and self assessment guidelines    TV Guide ,2002    "Code of Massachusetts regulations, 2016" ,2016 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020

Weight in America Barbara Wexler,2008-10 Contains studies surveys and statistics on issues related to weight in America covering weight and physical health dietary treatment for overweight and obesity political legal and social cocerns and other topics    **Eat, Drink, and be Healthy** Janet M. Chiavetta,1995 Includes 240 low fat low cholesterol recipes with nutrition analysis sample menus for entertaining and a fast food appendix Published by Piedmont Publishers 2512 Ridge Road Raleigh NC 27612 Annotation copyright by Book News Inc Portland OR    Annual Editions Charlotte Cook-Fuller,1995    Good Housekeeping ,1986    **California. Court of Appeal (1st Appellate District). Records and Briefs** California (State)., **McCall's** ,1996

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