

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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N Colangelo



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Athletic Training ,1976 **Scribners Monthly** Josiah Gilbert Holland,Richard Watson Gilder,1873

Extra-curricular Activities in the Colleges of the United Lutheran Church in America Beulah (Clark) Van Wagenen,1929 *Sylvia Porter's Personal Finance Magazine* ,1984 *Medical News and Abstract* ,1904 **The Chenango County Farm and Home Bureau News** ,1928 Complete Book of Colleges, 2011 Edition Princeton Review (Firm),2010-08-03 Lists more than 1 600 colleges and universities and provides information about admissions and academic programs *AHIP Coverage* ,2006 Contributions to Education ,1929 *American Swineherd* ,1927

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