

# 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

**Weight Loss Plan Update Open Now**

**Lei Shi**

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**Present Day Nippon** ,1927    *Balanced Diet* Elizabeth Lay Green,1928    **The Enzyme Diet Solution** Allan C. Somersall,Dr Allan C Somersall, Ph.D., M.D.,2003-08-28 Body weight is an intensely personal thing There s no escaping it It greets you every morning in the bathroom mirror it follows you throughout the day by the reflections in the eyes of everyone you meet and it whispers a good night benediction as you put out your vanity light It is your second face Dr Allan C Somersall *Journal of the Medical Society of New Jersey* Medical Society of New Jersey,1905 Includes the society s Annual reports *The Japan Chronicle* ,1914    *Anglo-American Encyclopedia* ,1910    **TV Guide** ,2007    **Muscle, Brain, and Diet** Eustace Miles,1905    *Health in the dwelling.* Vol. 4-6. *Health in diet.* Vol. 7-9. *Health in relation to civic life.* Vol. 10-12. General hygiene. Vol. 13-16. Conference on education. Vol. 17. Miscellaneous, including papers on Japan. Vol. 18. Miscellaneous, including jury awards and official catalogue. Vol. 19. Miscellaneous, including papers on China ,1884    *The Boston Medical and Surgical Journal* ,1904    *Nutrition and Diet Therapy* Corinne Balog Cataldo,Jacquelyn R. Nyenhuis,Eleanor Noss Whitney,1989 With engaging coverage of core nutrition concepts and up to date clinical content Cataldo DeBruyne and Whitney s text provides the ideal introduction to nutrition and diet therapy From basic facts and practical information to assessments and case studies this Sixth Edition provides the contemporary and comprehensive approach you need to gain knowledge and achieve confidence in the course Book jacket    *The Beck Diet Solution Weight Loss Workbook* Judith S. Beck,2024-04-16 The Beck Diet Solution Weight Loss Workbook has descriptive copy which is not yet available from the Publisher    **Collier's Self-Indexing Annual** ,1905    *Adobe InDesign 2 Against the Clock* (Firm),2003 This menu of titles is ideal for any course that includes graphic arts software and computer design software as part of the curriculum Courses can be found in Office Information Systems Computer Science and Fine Arts Departments as well as Continuing Education Journalism and Printing and Lithography Written by educators for educators the Against the Clock series is the complete solution for courses in Graphic Multimedia or Web Design Software The hands on project based texts are packaged with resource CD ROMs that contain all the files needed to create the step by step projects in the text Instructor CD ROMs include assessments overhead presentation materials and additional projects    **Weekly World News** ,1981-02-10 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site    **BMJ** ,2009    **Weekly World News** ,2000-10-10 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site    **Diet in Health and Disease** Julius Friedenwald,John Ruhräh,1919    *Ladies' Home Journal* ,2007    *How to Do Everything with the Internet* Dennis Jones,2000-09-27 Get the most out of the Internet with this comprehensive solutions oriented guide You ll learn to master the

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