

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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McGraw-Hill's 12 SAT Practice Tests with PSAT, 2ed , Glp-1 High Protein Cookbook For Weight Loss

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the apocalypse of peter or vision of peter arabic *ru ya buṭrus* also known as the book of the rolls arabic *kitāb al magāll* and other titles is a miaphysite christian work probably written in the 10th century the late 9th century and 11th century are also considered plausible around 40 manuscripts of it have been preserved and found it is pseudepigraphically attributed to clement of rome relating a vision experienced by the apostle peter of the resurrected jesus the actual aut