

# 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

# Weight Loss Plan Same Day Delivery Tutorial

**M Woodhall**



## **Weight Loss Plan Same Day Delivery Tutorial:**

*The Long Fight - A Strategic and Practical Guide for Digital Health Entrepreneurs* David Qu, 2025-07-15 The U S healthcare system is massive complex and ripe for transformation For digital health entrepreneurs founders CEOs and innovators the opportunity is enormous But so are the challenges fragmented systems entrenched stakeholders uncertain regulation and long sales cycles Success demands more than a great idea It requires deep industry knowledge strategic clarity resilient leadership and relentless execution In *The Long Fight* veteran digital health executive David Qu summarizes 30 years of hard won experience into a practical inspiring guide Drawing from his time leading global SaaS businesses advising startups and coaching founders David offers a rare combination of strategic frameworks market insights and real world lessons tailored to the realities of digital health Whether you re launching a new venture scaling a platform raising capital or exploring go to market models this book will equip you with the tools to navigate complexity and lead with purpose Inside you ll learn How the U S healthcare ecosystem really works and what every founder must understand What investors look for at each stage of funding and what turns them off How to define and test product market fit in a crowded regulated space The keys to selling into health systems payers and employers with different GTM channels Why strategic partnerships succeed or fail and how to build ones that scale How to lead through ambiguity and build a culture that endures Backed by data informed by experience and designed for action *The Long Fight* is a must read for anyone building the future of health If you re ready to solve meaningful problems and do it with insight and intention this book is your essential companion

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