

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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**Raj K. Keservani,Durgavati
Yadav,Rajesh K. Kesharwani,Sippy
Singh,Kumar Sandeep**

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The Metabolic Syndrome Raj K. Keservani, Durgavati Yadav, Rajesh K. Kesharwani, Sippy Singh, Kumar Sandeep, 2023-08-04 This new book discusses the physiological factors that contribute to metabolic syndrome within the human body and spotlights the beneficial effects on the body of nutraceuticals and functional ingredients botanicals and natural dietary supplements structurally numerous antioxidants B vitamins and diverse amino acids and vital nutrients The book considers the need to preserve a balance between energy delivery and strength expenditure that is essential for maintaining an appropriate body mass index BMI which can contribute to less obesity and fewer metabolic disorders such as diabetes type II cardiovascular illnesses etc The authors present recent research that proves that proper vitamins including antioxidants nutrients micronutrients and selected amino acids can enhance the body's metabolism and defend it from inflammatory onslaughts

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