

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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or protein Experience natural weight control choose and properly prepare healthful readily available foods as they did during the Renaissance The Diet Code is a unique approach to eating well based on a mathematical phenomenon that s been around for centuries but has never before been applied to diet Now prepare to lose weight and get healthy by asking yourself What would Da Vinci eat *Official Gazette of the United States Patent and Trademark Office* ,2002 **Special Operations Forces Medical Handbook** U.S. Department of Defense,2011-10-05 Over 400 pages of useful medical information created for Special Forces medics and **Dietotherapy v. 3** William Edward Fitch,1918 **Dietotherapy ...** William Edward Fitch,1918 **The Statesman's Year-book** Frederick Martin,Sir John Scott Keltie,Isaac Parker Anderson Renwick,Mortimer Epstein,Sigfrid Henry Steinberg,John Paxton,Brian Hunter (Librarian),Barry Turner,1870 **United States Investor** ,1927 *State Board Examination Questions & Answers of the United States and Canada* ,1912 **Muscle, Brain, and Diet** Eustace Miles,1905 *Journal of the American Medical Association* American Medical Association,1903 Includes proceedings of the Association papers read at the annual sessions and list of current medical literature *The Journal of the American Dental Association* ,1926 **Transactions of the Medical Association of the State of Alabama** Medical Association of the State of Alabama,1916 **Market World and Chronicle** ,1924 **United States Economist, and Dry Goods Reporter** ,1909 *Reports from the Consuls of the United States on the Commerce, Manufactures, Etc., of Their Consular Districts* Etats-Unis,1881 *The Feel-Good Diet* Cheryle Hart,Mary Kay Grossman,2006-11-10 No cravings No stress No fatigue Finally a diet you can feel good about Introducing The Feel Good Diet a scientific breakthrough in weight loss that will help you Turn off your hunger Turn on your energy Tone up your body And yo yo no more The Feel Good Diet is a revolutionary weight loss program that works with you not against you Cheryle Hart M D and Mary Kay Grossman RD reveal that many other diets cut out essential carbs and pack on too much protein which depletes your brain s neurotransmitters especially serotonin This yo yo brain effect zaps your willpower and leaves you irritable depressed and carbo craved The Feel Good Diet helps you battle yo yo brain and finally win your war with your weight With a few simple guidelines and easy to prepare menus you can eat delicious healthy foods that actually boost your serotonin levels so you can lose weight end cravings reduce stress and feel good *The New International Year Book* ,1926 **Handbook of the Hospital Corps, United States Navy** United States. Navy Department. Bureau of Medicine and Surgery,1923 **United States Navy Regulations** United States. Navy Dept,1909

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