

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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The Best Diet's Ultimate Hcg Recipe Cookbook Inches and Pounds, 2016-04-05 The Best Diet's HCG Ultimate Recipe Cookbook was designed to provide the HCG Dieter with a variety of delicious mouth watering alternatives to an otherwise limited food selection I have comprised 156 delicious Phase 2 and 3 recipes that are specific to the newly physician updated HCG Diet Protocol book The Best Diet You Have Never Heard Of You will find a large assortment of beverages desserts snacks appetizers soups salads and chicken beef dishes that you and your entire family can enjoy After losing 54 pounds on the new protocol I still cook many of my original recipes for my family members and especially for my husband His favorite request is my delicious Crock Pot Chicken Tacos recipe **ADDITIONAL BONUS FEATURES INCLUDE** Cooking and Food Preparation Tips HCG Dieting Tips and Tricks How to Create a Food Journal Grocery Shopping List Grocery Check off List HCG Essentials Informative Phase 2 3 Published Articles *Learning Web Design* Jennifer Niederst, Jennifer Niederst Robbins, 2003 A guide to Web design basics covers HTML lists links tables and frames authoring programs Web graphics applications navigation systems and information and interface design *The Fast-food Diet* Mary Donkersloot, 1991 Recommends goals for consumption of fat and cholesterol that fall within the guidelines of the major medical associations Discusses the best choices to make in restaurants delis supermarkets and at home to meet these goals Has a 1 10 rating system 10 representing the best choice and 1 the worst Directed toward people who regularly eat in fast food franchise restaurants or depend on frozen dinners takeout foods deli items or prepared sauces and meals **Google Apps Hacks** Philipp Lenssen, 2008 Google is challenging the venerable Microsoft Office suite with its own Web based office applications This book offers scores of clever hacks and workarounds that enable power users to get more out of various applications

Weight in America Barbara Wexler, 2008-10 Contains studies surveys and statistics on issues related to weight in America covering weight and physical health dietary treatment for overweight and obesity political legal and social concerns and other topics **Time** Briton Hadden, Henry Robinson Luce, 2006 **The Amino Acid Super Diet** Gary Zisk, 1988

New Age Journal, 1997 **Cosmopolitan** Helen Gurley Brown, 1985 *Annual Editions* Charlotte Cook-Fuller, 1995

Current Biography Yearbook, 2007 **The Take Control Diet** Ian Smith, 2001 Discusses the causes of obesity health concerns in dieting exercise programs for various fitness levels and the role of metabolism and genetics in weight control

Red Book, 1981 The magazine for young adults varies **Love Hunger Weight-Loss Workbook** Robert Hemfelt, Frank B. Minirth, Paul Meier, Sharon Sneed, 1991 A stand alone workbook that helps readers work through the psychological spiritual and physical aspects of food addiction through interactive questions and answers and self tests This weekly eating exercise and lifestyle plan insures successful dieting and weight maintenance with an easy to use menu exchange program for each week a behavioral diary inspirational meditations and weekly self examinations assessing spiritual growth **The PDR Family Guide to Nutrition and Health**, 1995 A complete guide to sensible health and nutrition covering weight loss

heart health cancer prevention stress energy fitness and more also evaluates leading cookbooks diet plans exercise programs fast food ethnic food and junk food Across the Board ,1981 *Internet Cool Guide* Internet Cool Guide GmbH,2000 Pinpointing over 500 awesome online resources for favorite offline sports this guide covers professional teams and tours sports scores athletes weekend diversions fitness hiking gear shopping and more Full color illustrations **Science** John Michels (Journalist),2004 A weekly record of scientific progress **Krause's Food, Nutrition, & Diet Therapy** L. Kathleen Mahan,Sylvia Escott-Stump,2000 Answers a variety of questions related to food diet and nutrition offering advice on how diet can be altered to improve metabolism what diet changes can be helpful in treating different ailments how different aspects of a person s diet affects specific body systems and other related topics **The Wellspring Weight Loss Plan** Daniel S. Kirschenbaum,2011-03-01 The Wellspring Weight Loss Plan outlines the weight loss program of the same name that has helped thousands of teens lose weight and find happiness This plan is built on three principles science simplicity and sustainability and follows the 3 1 8 plan 3 Simple Behavioral Goals eat as little fat as possible walk at least 10 000 steps per day and write down your eating and activities 1 Challenging Mission to develop a healthy obsession 8 Steps to Developing a Healthy Obsession Make the Decision Know the Enemy Your Biology Eat to Lose Find Lovable Foods that Love You Back Move to Lose Self Monitor and Plan Consistently Understand and Manage Stress With and Without Food and Use Slump Busters to Overcome Slumps Hundreds of news and television stories around the world have followed the development of Wellspring s programs starting with two camps in the summer of 2004 and expanding to 12 programs in the summer of 2010 From Wellspring Camps to Wellspring Academies the world s first boarding schools for overweight teenagers to Wellspring Vacations and Retreats eight day programs for adults Wellspring participants learn to master the 3 1 8 approach described in The Wellspring Weight Loss Plan Find out why this program works and use it to transform the lives of teens you know

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