

# 15 DAY WEIGHT LOSS PLAN

## WORKOUTS

<b>UPPER BODY A</b>	<b>SETS</b>	<b>REPS</b>
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
<b>LOWER BODY A</b>	<b>SETS</b>	<b>REPS</b>
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
<b>SHOULDERS &amp; ARMS</b>	<b>SETS</b>	<b>REPS</b>
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 Labor Day Sale Tricks

**S Marginson**

## **Weight Loss Plan Labor Day Sale Tricks:**

*The KETOREGENESIS Diet* B.A. Christopher, The KETOREGENESIS Diet Diet for Fast Weight Loss that's Easy Health Promoting Timing Saving with 10 Minutes of Food Prep Per Day Max Introducing the KETOREGENESIS Diet a revolutionary weight loss plan that's easy health promoting and time saving with just 10 minutes of food prep per day As a synergistic masterpiece of weight loss health time efficiency and convenience this diet is the result of 30 years of experience in diet testing and is arguably the easiest weight loss method ever The KETOREGENESIS Diet is based on the concept of nutrient dosing from foods which helps to reformat your gut biome to become your ally in achieving a lean body This diet also focuses on boosting your health through logic and a return to common sense making it easier to lose weight and maintain a healthy lifestyle An Overview of the Benefits Features of Arguable the Greatest Weight Loss Diet on the Planet Arguably the Easiest Weight loss Ever from my 30 Years Experience in Diet Testing 30 Years in the Making KETOREGENESIS is a Synergistic Masterpiece of Weight Loss Health Time Efficiency and Convenience You're Going to Love This Diet It Didn't Even Feel Like Dieting Yet Yet the Weight Kept Disappearing With Daily Noticeable Differences Discover the Concept of Nutrient Dosing From Foods Find Out How to Reformat Your Gut Biome So It Becomes Your Ally to Your Physical Body for Easily Obtaining and Keeping a Lean Body How to Boost Your Health Through Logic and a Return of Common Sense for More Easily Losing Weight A True Method of Foods as Medicine Through Formulaic Recipe Design and Essential Nutrient Targeting Learn How to Get Most of Your Essential Nutrients Robustly Through Foods on This Diet Discover How to Lose Weight Without Even Feeling Like You're Trying Learn About Nutrient Balancing Concepts Learn About Inflammatory Versus Anti inflammatory Balancing Concepts KETOREGENESIS is an Alkaline Forming Diet According to Available PRAL Measurement Data for Those Who Are Looking for a Doable Easy Way to Start Eating Alkaline KETOREGENESIS is Also Associated With Being a and Immune Boosting Diet by Many Factors Vegan Vegetarian too By following the KETOREGENESIS Diet you can discover the benefits of foods as medicine through formulaic recipe design and essential nutrient targeting allowing you to get most of your essential nutrients robustly through foods This diet is also an alkaline forming diet according to available PRAL measurement data making it a great option for those looking for a doable and easy way to start eating alkaline Additionally the KETOREGENESIS Diet is associated with being an immune boosting diet by many factors and it's also suitable for vegans and vegetarians With its focus on nutrient balancing concepts and inflammatory versus anti inflammatory balancing concepts this diet is a true method for achieving fast and healthy weight loss Don't just take our word for it the ketogenic diet has been proven to be a scientifically proven approach to fast healthy weight loss with numerous health benefits So why wait Try the KETOREGENESIS Diet today and start losing weight without even feeling like you're trying Pick up your copy today Click Add to Cart to get started    [Simply Healthy](#) Erika Mounier, 2019-12-13 Simply Healthy is a book born after many sleepless nights and countless hours of research It is a simple quick read for anyone looking to live a healthy lifestyle on a budget

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