

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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Fortune Henry R. Luce,1958-10 *Diet Signs* Joann Lemieux,1982 **The American Journal of Clinical Nutrition**
,1999 *Adweek* ,1986 **Red Book** ,1981 The magazine for young adults varies *Standard Plans* California.
Department of Transportation,1999 *Current Biography Yearbook* ,2007 *The Woman's Day Guide to Lasting Weight*
Loss Kathy Keenan Isoldi,2007 **Mademoiselle** ,1985 **Logging Management** ,1979 *Materials Performance* ,1989
Pesticide Residues in Food ,1982 **Hearst's International** ,1924 *Performing with Microsoft® Office 2003* Iris
Blanc,Cathy Vento,Jean-Jacques Ed. Blanc,2004-06 The Performing Series takes students to a higher level of learning
through applied and project based activities that go beyond the mechanics of the software Most textbooks begin by teaching
students software skills The Performing Series presents various business documents first then shows students the Office
2003 skills they need to create them This approach shows students the relevance of what they are learning as they apply
technology to task **Harrison's Principles of Internal Medicine** Tinsley Randolph Harrison,Maxwell Myer
Wintrobe,1974 *Chester White Journal* ,1979 **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 *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 **Hospital Management** ,1922 *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
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