

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 theatre in history George Riley Kernodle,1989 **Official Gazette of the United States Patent and Trademark Office** ,2006 Cincinnati Magazine ,2002-04 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region **Diets that Work** Deralee Scanlon,Larry Strauss,1992 This book evaluates popular weight loss programs 48 with the idea that each dieter must take responsibility for fitting a healthy practical diet into his her lifestyle and usual eating habits The author provides an overview how the diet works nutritional evaluation cost practicality and lifestyle modifications needed **Scientific American** ,1894 *Practical dietetics, with reference to diet in disease* Alida Frances Pattee,1910 *The American Architect and Building News* ,1896 **G.K. Hall Bibliographic Guide to Dance** New York Public Library. Dance Division,2001 **Engineering News and American Railway Journal** ,1891 *American Druggists' Circular and Chemical Gazette* ,1878 **The New York Times Magazine** ,1997-06 **The Christian Science Monitor Index** ,2002 **The New Yorker** Harold Wallace Ross,William Shawn,Tina Brown,David Remnick,Katharine Sergeant Angell White,Rea Irvin,Roger Angell,2000 **The Publishers Weekly** ,2009 **American Book Publishing Record** ,2007 **Vertical File Service Catalog** ,1950 *Journal of the American Dietetic Association* ,1998 American Journal of Public Health ,1989 Includes section Books and reports *Cook's Excursionist and Home and Foreign Tourist Advertiser* ,1892 **The National Jewish Monthly** ,1969

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