

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

Weight Loss Plan Latest

J. Thomas Butler

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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Prevention's No-Diet, No-Willpower Method for Successful Weight Loss Mark Bricklin, Anne Remondi, 1993

Protecting Consumers from False and Deceptive Advertising of Weight-loss Products United States. Congress. Senate. Committee on Commerce, Science, and Transportation. Subcommittee on Consumer Protection, Product Safety, and Insurance, 2015

Consumer Health: Making Informed Decisions - BOOK ALONE J. Thomas Butler, 2011-07-01

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The Life Extension Weight Loss Program Durk Pearson, Duke Pearson, Sandy Shaw, 1987-05-19 The national bestseller on weight loss from the bestselling authors of Life Extension and The Life Extension Companion now available in paperback Illustrated

New Realities , 1977

Obesity and Weight Control Reva T. Frankle, Mei-Uih Yang, 1988 This is a comprehensive thorough guide with scientific rationale and clinical approaches concerning everything from appetite regulation The role of hormones and energy metabolism To assessment treatment modalities and obesity and pregnancy You ll also get much needed treatment strategies for obesity in children And The elderly eating management nutrition counseling diet exercise behavior modification relapse prevention drug and surgical treatment and more

TV Guide , 2003

The 12-Minute Weight-Loss Plan Michael Spira, 2015-01-08 The 12 Minute Weight Loss Plan takes High Intensity Interval Training HIIT and combines it with a straightforward easy to stick to eating plan that shows readers how it is possible to lose weight with a minimum of effort no special equipment not even a gym membership and with just 12 minutes exercise a week Sounds too good to be true It works and it is supported with the latest cutting edge scientific research No counting calories no wholesale avoidance of carbs no fasting It s genuinely easy to stick to Contents include Why lengthy exercise routines aren t as effective as HIIT The remarkable story behind HIIT A simple HIIT programme to be followed three times a week A dietary plan including a two week orientation phase followed by a continuation phase The essence of the eating plan smart carbs smart fats smart proteins Menus and lots of quick and tasty recipes A review of the scientific research supporting the exercise programme HIIT has been building slowly over the past few years with gym instructors and personal trainers quickly seeing the benefits for their clients It is now coming into the mainstream This new book is the first to promote HIIT for weight loss combining an eating plan with exercises from an authority in the obesity field This is weight loss and weight maintenance made easy

Dr. Siegal's Natural Fiber Permanent Weight-Loss Diet Sanford Siegal, Sanford Siegal, D.O. D.O., M.D., 1984

Rating the Diets Theodore Berland, 1983

Understanding Nutrition Eleanor Noss Whitney, Sharon Rady Rolfes, 2003-05-19 Used by more than one million students this text s clear writing dynamic visuals and integrated study aids engage and teach students the basic concepts and applications of nutrition This comprehensive text includes up to date coverage of the newest research and emerging issues in nutrition The pedagogical features of the text as well as the authors approachable style help to make complex topics easily

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