

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 Team Roster Top

Louise Burke

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the Louise Burke name bar.

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Youth Development in Football Mark Nesti,Chris Sulley,2014-11-13 The identification and development of talented young players has become a central concern of football clubs at all levels of the professional game as well as for national and international governing bodies This is the first book to offer a comprehensive survey and assessment of youth development programmes in football around the world to highlight best practice and to offer clear recommendations for improvement The book draws on original in depth research at eight elite professional football clubs including Barcelona Ajax and Bayern Munich as well as the French national football academy at Clairefontaine It adopts a multi disciplinary approach including psychology coaching and management studies and covers every key topic from organisational structures talent recruitment and performance analysis to player education and welfare Written by two authors with extensive experience in English professional football including five Premiership clubs this book is important reading for any student researcher coach administrator or academy director with an interest in football youth sport sports development sports coaching or sport management

Practical Sports Nutrition Louise Burke,2007 Practical Sports Nutrition provides detailed sport specific advice that enables you to approach individual athletes and teams with an understanding of their sport and unique nutritional needs

The Popular Science Monthly ,1894

Foolproof Weight Loss Diane Kozak,Judith Springer Riddle,2000

The Enzyme Diet Solution Allan C. Somersall,Dr Allan C Somersall, Ph.D., M.D.,2003-08-28 Body weight is an intensely personal thing There s no escaping it It greets you every morning in the bathroom mirror it follows you throughout the day by the reflections in the eyes of everyone you meet and it whispers a good night benediction as you put out your vanity light It is your second face Dr Allan C Somersall

Your 500 Milligram Sodium Diet American Heart Association,1958

The A-List Workout Alyssa Shaffer,2006-11 Ten celebrity trainers present workout routines and fitness tips that can be adapted to individual needs along with dietary advice and recipes for a seven day meal plan

The Fastest Diet Victoria Black,Gen Davidson,Krista Varady,2023-11-28 One of the world s leading researchers on intermittent fasting Dr Krista Varady teams up with the world s largest online fasting network SuperFastDiet to show you how to supercharge your weight loss and dramatically improve your health There are myriad ways to use fasting to improve health and lose weight Victoria Black and Gen Davidson of SuperFastDiet having been working with clients for years gathering insight into which versions work best in terms of ease and effectiveness The result An intermittent fasting formula that will supercharge your weight loss Not content with anecdotal evidence they have teamed up with Dr Varady a professor at the University of Illinois who provides the hard science to back it all up The book contains 50 delicious recipes and clear eyed advice on how to make this remarkable diet part of your everyday life Fun informative and effective this is the go to diet for fast and sustainable weight loss and a pathway to glowing good health This is a specially formatted fixed layout ebook that retains the look and feel of the print book

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