

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 In The Us Customer Service

Christine M. Lontz

Weight Loss Plan In The Us Customer Service:

Whispering the Strategies of Language: An Psychological Quest through **Weight Loss Plan In The Us Customer Service**

In a digitally-driven world where displays reign supreme and quick transmission drowns out the subtleties of language, the profound secrets and mental nuances concealed within words often move unheard. However, nestled within the pages of **Weight Loss Plan In The Us Customer Service** a captivating literary value pulsing with natural thoughts, lies an exceptional journey waiting to be undertaken. Written by a skilled wordsmith, this enchanting opus attracts visitors on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the very cloth of each word. Within the mental depths of the touching evaluation, we can embark upon a heartfelt exploration of the book is key styles, dissect its charming writing style, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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