

## NICOLE'S LEAN BODY PERFECTING WORKOUT

Note: This is not a circuit workout, and there are no supersets.  
 Complete all sets for an exercise, then move on to the next one.

EXERCISE	SETS	REPS
<b>WARM-UP: 10 MINUTES</b>		
TREADMILL: 4.0MPH, 3.0 INCLINE		
<b>THEN</b>		
SUMO SQUATS	3	12 - 15
BENCH STEP-UPS WITH BARBELL	3	12 - 15
SINGLE-LEG EXTENSIONS	3	12 - 15
SINGLE-LEG DEADLIFTS	3	12 - 15
ARNOLD PRESSES	3	12 - 15
INCLINE PUSH-UPS WITH FEET ON BENCH	3	12 - 15
REVERSE-GRIP SEATED CABLE ROWS	3	12 - 15
SPIDER CURLS: 3 SETS OF 12 - 15		
OVERHEAD CABLE TRICEPS EXTENSIONS	3	12 - 15
HANGING LEG RAISES	3	12 - 15
REVERSE HYPEREXTENSIONS	3	12 - 15