

TANK TOP TONE UP

with Jaime Baird

EXERCISE	SETS	REPS
DUMBBELL PRESS STAND UP	4	10
UPRIGHT ROW INTO LATERAL RAISE	4	10
DUMBBELL FRONT RAISE WITH REVERSE LUNGE	4	10
STANDING REAR LATERAL RAISE	4	10
WEIGHTED BENCH DIP	4	10
TWO-ARM TRICEPS KICKBACK	4	10
SEATED DUMBBELL CURL	4	10
STANDING CONCENTRATION CURL	4	10