

# ARMED FOR SUMMER

HIGH-INTENSITY ARMS & SHOULDERS WORKOUT

with *Juliana Daniell*  
**IFBB BIKINI PRO**

EXERCISE	SETS	REPS
SMITH MACHINE MILITARY PRESS <b>superset with</b> BOSU BALL PUSH-UP	3 3	12 10
SEATED ALTERNATING DUMBBELL FRONT RAISE <b>superset with</b> PRONE INCLINE REAR LATERAL RAISE	3 3	12 12
ONE-ARM CABLE LATERAL RAISE <i>NO REST BETWEEN ARMS</i>	3	12
BARBELL BICEPS CURL <b>superset with</b> BARBELL SKULL-CRUSHER	3 3	12 12
SEATED CONCENTRATION CURL <b>superset with</b> BENCH TRICEPS DIP	3 3	12 12
BOSU FOREARMS-TO-HANDS ( <i>EACH ARM</i> ) <b>superset with</b> JUMP ROPE	3 3	10 100 REVOLUTIONS