

Pauline Nordin's
SKINNY FAT WITH **MUSCLE AMBITION**
WORKOUT

EXERCISE	SETS	REPS	NOTE
DEADLIFT	3	8	REST 45 SEC BETWEEN SETS
SQUAT	3	8	REST 45 SEC BETWEEN SETS
SEATED BARBELL PRESS	3	8	REST 45 SEC BETWEEN SETS
OVERHAND GRIP BENT OVER BARBELL ROW	3	8	REST 45 SEC BETWEEN SETS
BARBELL BENCH PRESS	3	8	REST 45 SEC BETWEEN SETS
STANDING BARBELL BICEPS CURL	3	8	REST 45 SEC BETWEEN SETS
UNILATERAL OVERHAND TRICEPS EXTENSION	3	10/ARM	REST 45 SEC BETWEEN SETS
LUNGE	3	10/LEG	REST 45 SEC BETWEEN SETS
STRAIGHT LEG HANGING LEG RAISE	3	MAX	REST 45 SEC BETWEEN SETS
FLAT BENCH AB SUPERMAN	3	15	REST 45 SEC BETWEEN SETS



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Nordin will show you how to get FIT!

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