

# THE TINY WAIST WORKOUT *with Jennifer Strobo*

*WARM-UP.* Perform a few additional warm-up sets (lighter weight, higher reps) for the first few exercises to prepare your joints and muscles for work.

*REST.* Rest 60 seconds between sets unless noted otherwise.

*PYRAMIDS.* For the Pyramid Sets (exercises with a decreasing number of reps), strive to increase the weight by 20-30 percent for each subsequent set.

EXERCISE	SETS	REPS
WIDE-GRIP PULLDOWN	3	12, 10, 8
WIDE-GRIP STANDING ROW	3	12, 10, 8
BACKWARDS CLOSE-GRIP PULLDOWNS	3	12
<b>SUPERSET WITH</b> VACUUMS	3	2X20-SECOND HOLDS
DUMBBELL PULLOVERS	3	12
<b>SUPERSET WITH</b> BENCH FLOOR TOUCHES	3	10, EACH SIDE
ARNOLD PRESS	3	15, 12, 10
45-DEGREE LYING LATERAL RAISES (NO REST BETWEEN SIDES OR SETS)	3	12
MACHINE SHOULDER PRESS - 21s	3	21
<b>SUPERSET WITH</b> FOREARMS-TO-HANDS PLANK		8, EACH DIRECTION
KICK DOWNS	3	12
<b>SUPERSET WITH</b> WEIGHTED STRAIGHT-LEG CRUNCHES		25