

# BEST SHAPE OF YOUR LIFE WORKOUT

with Ms Bikini Olympia

**PART 1 OF 5**

*Ashley Kaltwasser*

EXERCISE	SETS	REPS
<b>SHOULDERS</b>		
PLATE CURL TO PRESS	4	10
SEATED LATERAL RAISE	4	15
DUMBBELL FRONT RAISE	5	10 W/ SLOW NEGATIVE
CABLE UPRIGHT ROW	4	10, 10, 10 LAST SET TO FAILURE
ARNOLD PRESS	5	10
<b>SUPERSET WITH</b>		
SEATED REAR DELT FLYE	5	10
<b>ABS</b>		
STABILITY BALL ROLL-OUT	4	12
HANGING LEG RAISES - OBLIQUES	3	8 (EACH SIDE)