

CHEST, TRICEPS & ABS

FOR WOMEN
FITNESSRx PRINT AND GO
YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY

BEST SHAPE OF YOUR LIFE WORKOUT

with Ms Bikini Olympia

Ashley Kaltwasser

PART 4 OF 5

EXERCISE	SETS	REPS
CHEST		
INCLINE DUMBBELL PRESS	4	12
EXPLOSIVE PUSH-UP WITH CLAP	3	10
SKULL-CRUSHERS	4	15, 12, 10, 8 (INCREASING WEIGHT EACH SET)
TRICEPS		
BENCH TRICEPS DIPS	4	20
ONE-ARM REVERSE GRIP CABLE TRICEPS PUSHDOWN	3	10 (EACH ARM)
ABS		
HANGING LEG RAISES	5	15