

GET SCULPTED AND LEAN WITH ROPES AND RESISTANCE WORKOUT with IFBB Pro *Justine Munro*

EXERCISE	TIME
BATTLE ROPES	
DOUBLE WAVE	20-30 SECONDS
ALTERNATING WAVE	20-30 SECONDS
SHOULDER CIRCLES	20-30 SECONDS
SNAKES ON THE FLOOR	20-30 SECONDS
POWER SLAM	20-30 SECONDS
<i>Rest two to three minutes, and repeat three times. Once complete, move into the barbell workout</i>	

EXERCISE	SETS	REPS
BARBELLS		
BARBELL SHOULDER PRESS	3	12-15
BARBELL CHEST PRESS	3	12-15
BARBELL ROW	3	12-15
BARBELL BICEPS CURL	3	12-15
SKULL-CRUSHER WITH BARBELL	3	12-15