

TAWNA EUBANKS'

8 WEEKS TO A *Bikini-Ready* BODY



BACK & ARMS

EXERCISE	SETS	REPS
Close-Grip Pulldown	1	10-12
Chin-up	2	Failure
Barbell T-Bar Row	2	10
(Alt. Exercise: Machine Row)	2	10
Wide-grip Pulldown	2	10
Close-grip Bench Press	3	6,3,12
EZ-Bar Curl	3	10
Overhead Rope Extension	3	10
Preacher Curl Superset w/ Triceps Dip Machine	3	10

NOTES:
