

TAWNA EUBANKS'

8 WEEKS TO A *Bikini-Ready* BODY



CHEST & BACK

EXERCISE	SETS	REPS
Weighted Chin Up	3	3
Close-Grip Bench Press	3	8
Inverted Row	3	Failure
One-Arm Dumbbell Row	2	10
Seated Face Pull	2	12
EZ-Bar Curl/Skullcrusher Superset	3	10

NOTES:
