

TAWNA EUBANKS'

8 WEEKS TO A *Bikini-Ready* BODY



DELTS & ABS

EXERCISE	SETS	REPS
Seated Barbell Military Press	3	8
Upright Cable Row	3	10
Delt Blaster (Dumbbell front raise, lateral raise, bent over rear delt raise)	3	10/10/10
Seated Six Ways	3	10
Hanging Leg Raise	3	10
Cable Crunch	2	20
Decline Weighted Sit Up	3	10

NOTES:
