

TAWNA EUBANKS'

8 WEEKS TO A *Bikini-Ready* BODY



DELTS & GLUTES

EXERCISE	SETS	REPS
One-Arm Cable Lateral Raise	3	10
Barbell Front Raise	3	10
Reverse Pec Deck	3	12
Banded Barbell Glute Bridge (Use 80lb preloaded bar)	3	30
Banded Seated Hip Abduction (Leaning back, upright, leaning forward)	3	30/30/30
Dumbbell Frog Pump	3	30

NOTES:
