

TAWNA EUBANKS'

8 WEEKS TO A *Bikini-Ready* BODY



LEGS

EXERCISE	SETS	REPS
Single-Leg Press	3	10
Leg Press	3	10
Standing Leg Curl	3	10
Goblet Squat (Heels elevated onto 10lb plates)	3	10
Back Extension	3	10
Calf Raise	2	10

NOTES:
