

I'M SEXY & I KNOW IT WORKOUT



Equipment needed: Smith Machine (SM), Cable Machine, Row Machine, Body Bar, Dumbbells

Participate at your own risk.

Exercise	Weight	Reps
SM squats	50	15
Seated row	70	15
Triceps pulldowns	60	15
Jump lunges	NA	20
Wall sit w/ biceps curls	30	30 sec
High row	70	15
Cable biceps curls	60	15
Squats thrust	NA	20
Leg extensions	65	15
Leg extensions single leg (L/R)	30	15
Diamond push ups	NA	20
Side plank (L/R)	NA	60 sec
Shoulder press w/ side lunge (L/R)	12	10
Ab crunches decline bench	NA	20

REPEAT 2 X