

Leg Tuck Workout #1

Super Set 1

SET	TIME PER SET	EXERCISE	REPS	WEIGHT	TARGET MUSCLE
1	60s	Chin Up (Band Assist if Needed)	5 - Max	Heavy	Latisimus Dorsi & Biceps
2	60s	Rest			
3	60s	V-Ups (Real)	12	Med	Abdominals
4	60s	Rest			
REPEAT ALL SETS			4x		
SUPER SET TOTAL TIME			16 Min		

Leg Tuck Workout #1 (cont...)

Super Set 2

SET	TIME PER SET	EXERCISE	REPS	WEIGHT	TARGET MUSCLE
1	60s	Jack Knife Chin Up (asst as needed)	5 - Max	Heavy	Latisimus Dorsi, Biceps & Abs
2	60s	Rest			
3	60s	Weighted Biceps Curls (DB, BB or KB)	12	Med	Biceps
4	60s	Rest			
REPEAT ALL SETS			3x		
SUPER SET TOTAL TIME			12 Min		