

BOBBIE'S TRAINING

WARM UP 5-10 minutes

PLIE W/ DUMBBELLS



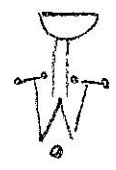
10 lbs DB
2 sets 20 reps
open legs from your hips
keep body straight

FRONT RAISE W/ DB



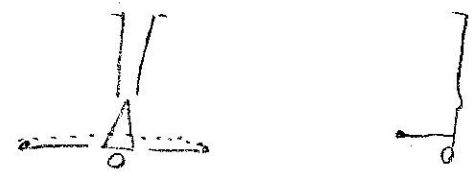
5 lbs
2 sets 12 reps

BICEPS CURL W/ DB



- STAND ON BOSU TO ENGAGE
HORE CORE MUSCLES
7.5 lbs
2 sets 15 reps

REVERSE FLY W/ TUBE (blue)



2 sets 15 reps
open arms - bring shoulder blades
together

LEG PRESS ON MACHINE



20 lbs
uplead 10 lbs plates, one on each side
2 sets 15 reps

TRICEPS PULL DOWN W/ ROPE



on cable #16, put the rope
all the way up
2.5 lbs 2 sets 15 reps