# **CHEAT**SHEET

#### SHOULDER & CORE WORKOUT



Inspired by my JiMMY Bar! social media takeover, this is a fun shoulder and core workout to try!

#### **EQUIPMENT NEEDED:**

- power rack (with pull up bar attachment) and barbell
- Cable system with rope attachment

- Various size dumbbells and plates
- Back supported bench

#### THE WORKOUT:

### EXERCISE (SETS x REPS)





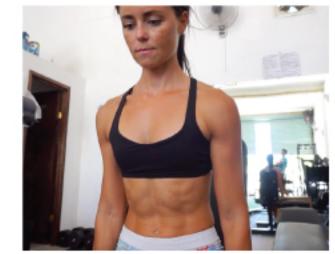
A2. HANGING KNEE TUCK

5 x 15





C1. SEATED DB LATERAL RAISE 4 x 12





4 x 12

C2. OBLIQUE PLATE CRUNCH



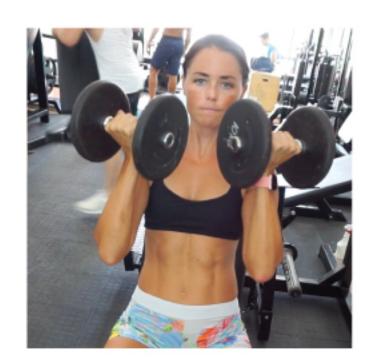
**B1. SEATED ROPE FACE PULL** 5 x 12





**B2. DB ARNOLD PRESS** 

5 x 12





D. HIGH PLANK PLATE PASS

3 x 2





SAVE 15% when you order at jimmybars.com Use my athlete promo code: COURTNEYFORLIFE

## LENGTH OF WORKOUT:

This should take about 45-60 minutes, but it's sure to get the job done and make you sweat!

## **WORKOUT NOTES:**

You can modify or adjust anything as needed with this plan. This is just to give you ideas and inspiration for a simple workout!

Make sure you connect with Courtney on social media!

www.courtneyforlife.com facebook.com/courtneyforlife

twitter.com/courtney\_u instagram.com/courtneyforlife\_