

# CHEATSHEET

## 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)

##### A1. SEATED BB PRESS

5 x 8



##### A2. HANGING KNEE TUCK

5 x 15



##### B1. SEATED ROPE FACE PULL

5 x 12



##### B2. DB ARNOLD PRESS

5 x 12



##### C1. SEATED DB LATERAL RAISE

4 x 12



##### C2. OBLIQUE PLATE CRUNCH

4 x 12



##### D. HIGH PLANK PLATE PASS

3 x 2



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### 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!

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Courtney on social media!

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