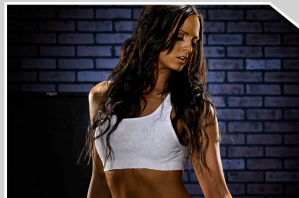
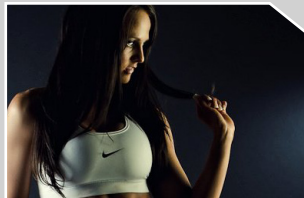


A Justine Moore Routine

WORKOUTS

***3 day
rotation**



Typically I lift 5 days a week with a three-day split that I rotate: (1) back and shoulders, (2) legs and glutes, and (3) chest, tris and bis. I do a 6th day of just cardio and abs. Most days I do 20-30 minutes of cardio in addition to lifting. I usually have one day off a week to rest.

I prefer to listen to my body rather than stick to a rigid workout routine- if I feel very fatigued one week I take an extra day of rest. If I'm feeling great, recovering well and getting plenty of sleep I might end up doing some kind of workout 7 days that week.

I keep my workouts high intensity, doing all supersets and tri-sets. I use a Polar heart rate monitor to keep my heart rate between 75-90% max during my workout.

Here is a sample of my 3-day rotation:

Back/ Shoulders

(1)

Straight arm lat press down 3 x 15-20 -superset with-
Close grip lat pull 3 x 10-12
Seated row 3 x 12-15 -superset with-
Hyperextensions 3 x 12-15

Single cable lat raise 3 x 10-12 -superset with-
Upright cable row with straight bar 3 x 10-12
Arnold presses 3 x 8-12 -superset with-
Dumbbell rear delt flyes facedown on incline bench 3 x 12-15

Legs/ Glutes

(2)

Hack squats with feet close together 3 x 12-15 -super-
set with-
Reverse curtsy lunges 3 x 12 on each side
Deadlifts 3 x 12-15 -superset with-
Step ups 3 x 12 on each side

Leg extension 3 x 8-12 -superset with-
Lying hamstring curl 3 x 8-12
Cable kickbacks 3 x 20 each side -superset with-
Butt blaster 3 x 12-15 each side
Seated calf raises 3 x 25-30

Chest/ Triceps/ Biceps

(3)

Seated cable chest flye 3 x 12-15 -superset with-
Push ups 3 sets to failure
Incline dumbbell press 3 x 8-12 -tri-set with-
Supinating bicep curl (alternating) 3 x 8-12 each
-and-

Straight bar tricep pressdown 3 x 12-15
Tricep dips 3 sets to failure -superset with-
Cable curl with straight bar 3 x 12-15
Skull crushers 3 x 8-12 -superset with-
Wide grip barbell curl 3 x 12-15