

Written by Shoshana Pritzker
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On the cover of the July/Aug 2009 issue of FitnessRx for Women magazine, Celebrity Trainer Jackie Warner is sporting some smoking hot shoulders and abs. Now that she's a regular contributor to our mag, you're getting more and more of her top secret tips, tricks and moves to get a body like hers. And this month Jackie provided her favorite Shoulder and Ab workout just for you. If you've tried any of Jackie's other workouts found in FitnessRx than you'll know this one will be just as good. Give it a try for yourself today!

On page 96-97 of the December 2009 issue, you'll find Jackie's Q&A column (Ask Jackie!). Her workout and detailed description of exercises is found below.

Here's the Routine:

1. Standing Barbell Front Press superset with Standing Dumbbell Lateral Side Raise...3 sets x 12-15 reps each
2. Supported Hanging Leg Raises superset with Decline Bench Crunch....2 sets x 12-15 reps each
3. Rope Cable Front Raise superset with Standing Bent-Over Rear Delt Flyes....3 sets x 12-15 reps each
4. Reverse Crunch superset with Rope Cable Crunch....2 sets x 12-15 reps each
5. Seated Military Alternating Dumbbell Press superset with Barbell Shrugs...3 sets x 12-15 reps each

The Moves:

- Standing Barbell Front Press - Grasp barbell with slightly wider than shoulder width overhand grip from rack. Position bar near upper chest. Press bar until arms are extended overhead. Return to upper chest and repeat.

[DEMO](#)

- Standing Dumbbell Lateral Side Raise - Grasp dumbbells in front of thighs with elbows slightly bent. Bend over with hips and knees bent slightly. Raise upper arms to sides until elbows

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are shoulder height. Maintain elbows' height above or equal to wrists. Lower and repeat.

[DEMO](#)

- Supported Hanging Leg Raise - Use dip/ab support equipment. Place elbows on pad with back and legs straight. Slowly raise legs to waist line and slowly lower. Repeat.

- Decline Bench Crunch - Hook feet under foot brace and lie supine on incline board with hips bent. Hold plate on chest with both hands or use no weight. Flex waist to raise upper torso from bench. Keep low back on bench and raise torso up as high as possible. Return until back of shoulders contact padded incline board. Repeat.

[DEMO](#)

- Rope Cable Front Raise - Stand with back facing cable machine. Grasp Rope between legs. While keep back straight and knees slightly bent, raise rope forward to shoulder height. Slowly lower and repeat.

- Standing Bent-Over Rear Delt Flyes - Grasp dumbbells to each side. Bend knees and bend over through hips with back flat close near horizontal. Position elbows with slight bend and palms facing together. Raise upper arms to sides until elbows are shoulder height. Maintain upper arms perpendicular to torso and fixed elbow position (10° to 30° angle) throughout exercise. Maintain height of elbows above wrists by raising "pinkie finger" side up. Lower and repeat.

[DEMO](#)

- Reverse Crunch - Lie on floor with hands to side. Pull spine to floor. With knees bent crunch your legs up and raise hips slightly off the floor. Lower slowly and repeat.

- Rope Cable Crunch - Kneel below high pulley. Grasp cable rope attachment with both hands. Place wrists against head. Flex hips allowing resistance on cable pulley to lift torso upward so spine is hyperextended. With hips stationary, flex waist so elbows travel toward middle of thighs. Return and repeat.

[DEMO](#)

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- Seated Military Alternating Dumbbell Press - Grasp dumbbells and place on knees. Raise to shoulders palms facing forward. Slowly raise one arm toward the sky, lower slowly, then repeat with alternate arm. Continue alternating each arm.

[DEMO](#)

- Barbell Shrugs - Stand holding barbell with overhand or mixed grip; shoulder width or slightly wider. Elevate shoulders as high as possible. Lower and repeat.

[DEMO](#)