

# leg

## WORKOUT

Jump squats

Weighted walking lunges

Barre squats

Weighted step ups

Boxer jumps

Barrel jumps

Step ups

Crackle torch squats

# fat and core

## workouts

# arm

## WORKOUT

Biceps

Tricep ups

Tricep dips

Flare

Weighted curl over 8 arms

Muscle shivers

Commando

Roll push-up

# fat and core

## workouts

# ab

## WORKOUT

As I like

Weighted front leg pullbacks

Power leg or use with feet

Gliss

# fat and core

## workouts

Muscle shivers

Leg raise in bench

Toe touching

Flare

### CIRCUIT ONE

15 Jump squats



### CIRCUIT TWO

20 Boxer jumps (30 sec)



### CIRCUIT ONE

15 Biceps



### CIRCUIT TWO

15 Weighted curl over 8 arms



### CIRCUIT ONE

15 As I like (30 sec)



### CIRCUIT TWO

15 Muscle shivers (30 sec)



15 Weighted walking lunges (30 sec)



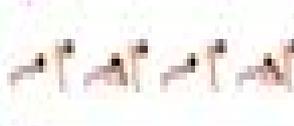
15 Barrel jumps



15 Tricep ups



15 Muscle shivers (30 sec)



15 Weighted front leg pullbacks



15 Leg raise in bench



15 Barre squats



15 Crackle torch squats



15 Weighted curl over 8 arms



15 Commando (30 sec)



15 Power leg or use with feet (30 sec)



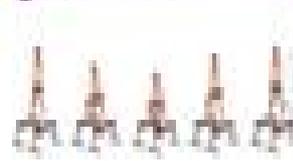
15 Toe touching



15 Weighted step ups (30 sec)



15 Crackle torch squats



15 Flare



15 Roll push-up



15 Gliss



15 Flare



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**Siddappa N.Byrareddy**



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recommendations only and are not intended to be a substitute for professional medical advice diagnosis or treatment Although in depth information and specific weight amounts are given users of this specific program should not rely exclusively on information provided in this program for their own health needs as it is branded as a set of generic guidelines aimed at a broad spectrum audience market specified in introduction All specific medical questions should be presented to your own health care professional Kayla Itsines Healthy Eating and Lifestyle Plan is not written to promote poor body image or malnutrition As the referenced information provided the entirety of the nutrition recommendations as well as educational resources provided are not only based around the AGHE Australian Guide to Healthy Eating but are also written in assistance with NPA Pty Ltd Nutrition Professionals Australia The Bikini Body Training Company Pty Ltd should not be held liable for the interpretation or use of the information provided The Bikini Body Training Company Pty Ltd makes no warranties or representations express or implied as to the accuracy or completeness timeliness or usefulness of any opinions advice services or other information contained or referenced to in this document The Bikini Body Company Pty Ltd does not assume any risk for your use of this information as such materials or content may not contain the most recent information This resource is not individually tailored It is a guideline which has emerged via a combination of personal experience government guidelines and where possible scientific literature *Bikini My Body in 8 Weeks* Alex Michael Betts,2017-02-13 This book was inspired by my desire to offer easy to follow and effective workout and nutrition programs to help people get back on track and start to make healthy living a lifestyle rather than a chore Too many people start off their exercise regimens with the best of intentions but don't have a clear enough plan to follow Therefore no plan to stick to This 8 week program is designed for you to be able to sculpt your body and get in great shape without having to leave the comfort of your home or spend countless hours grinding away in the gym This is for ANYBODY from a newbie who has never exercised seriously before to a travelling executive who needs to squeeze a quick workout into an already hectic schedule These workouts are relatively short and sweet and are designed to boost your metabolism with the high intensity interval training HIIT and Excess Post Exercise Oxygen Consumption EPOC philosophies Psychologically it is also a lot easier to start a program when the workouts are very short you will barely notice the increase in duration as you progress In a nutshell you bust your ass for a short period of time and your metabolism rate will remain elevated for longer meaning you burn more FAT At first some may find it hard work so please don't push yourself to the point of passing out listen to your body and build up your stamina gradually if you NEED to rest after every exercise then do it but time your rest and try to reduce it gradually over the course of the program The nutrition aspect is very simple and only has 2 main rules to follow as far as food is concerned The less rules you have to follow the higher your chances of success There is also a tendency to throw too much at your body at first you end up burning out and falling off the wagon This program will build you up from the ground gently which will massively increase your chances of succeeding by sticking with the program There is a lot of confusion and misinformation when it

comes to diet and exercise I have made this program very easy to follow and applied rules that have proven to work time and time again This is a no gimmicks no nonsense plan This eBook contains the following information to ensure your success in the program 18 mins workout day for week 1 8 week easy to follow nutrition plan 4 complete home exercise routines 20 video links to home exercises 10 golden rules to secure your success ABOUT THE AUTHOR Alex Betts Founder of FitnessGuruSG com is passionate about health and fitness and enjoys seeing people make positive lifestyle changes to improve their well being Alex has helped transform hundreds of individuals to become healthier fitter and stronger physically and mentally At a young age Alex developed a fascination for the potential of the human body to be sculpted and to demonstrate strength confidence and power After seeing my body start to change shape and muscles appearing in places where I had never seen them before I was instantly hooked this became my wonderful obsession my therapy and kept me on the straight and narrow no matter what life threw at me Alex believes that there is so much more to training than vanity He believes it empowers people to take control of their lives and gives them a daily sense of accomplishment It also gives them a healthy awareness of how everything they do and consume directly affects their mind and body Alex earned his degree in Sports Exercise Science from the University of Leeds UK in 2005 He is also the President of Singapore Federation of Bodybuilding Fitness SFBF The SFBF is the only federation in Singapore recognized by the International Federation of Bodybuilding and Fitness IFBB organizers of world renowned fitness and bodybuilding competitions namely Joe Weider s Olympia Weekend and The Arnold Classic Sports Festival

**Bikini Body 2.0** Robert Corapi,2012-10-01 This manual brings the reader through a step by step process explaining both diet and exercise in a way that s never been done before It shows the reader how to prepare season by season so the reader will look her best for the time of year that matters most Bikini Season

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