

# leg

## WORKOUT

Jump squats

Weighted walking lunges

Barre squats

Weighted step ups

Boxer jumps

Barrel jumps

Step ups

Crab to beach 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 sit-ups with feet

Ob sit

Muscle shivers

Leg raise in beach

Toe touching

Flare

# fat and core workouts

### 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 (1 min)

15 Barrel jumps

15 Tricep ups

15 Muscle shivers in circles

15 Weighted front leg pullbacks

15 Leg raise in beach



15 Barre squats

15 Crab to beach squats

15 Weighted curl over 8 arms

15 Commando (1 min)

15 Power leg sit-ups with feet (1 min)

15 Toe touching



15 Weighted step ups (1 min)

15 Crab beach squats

15 Flare

15 Roll push-up

15 Ob sit

15 Flare



# [Bikini Body Guide Bundle Download](#)

**Linda Westwood**



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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 *Bikini* Samantha Christie,2015-06-11 NEW UPDATED VERSION JUNE 2015 WITH FREE GIFT WORTH 9 99 INSIDE Amazon 1 Best Seller Download it Now Are you preparing for bikini competition Are you trying lean out to look like a figure model Download Ultimate Bikini Competition Prep Guide for Weight Loss and Diet and Learn Things Like Preparing your mind right for your bikini competition How you should approach your Training How you should prep your meals How to grab judges attention so you can get better score What to do on the competition day Much much more Scroll up and Click Buy now with 1 Click to Grab a Copy Today

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