This workout will get you beach ready in just a few simple moves. Complete this routine 3 times through, with 10-20 reps of each move!

**Bikini Strap Shuffle**

Step on your strap and cross it in front of you, side step across your mat while sitting low. The more tension the better it will work those outer thighs!
Bicep curls, 7 reps of full range, then 7 of bottom half range, and finish it off with 7 reps of the top half of the range of motion.

**FLYE TO THE BEACH**

Rear flye! this move really targets the back of the shoulders. Squeeze your shoulder blades together.
LONG & LEAN ARMS

Keep your elbows out, and perform a tricep kickback, really hitting the backs of the arms. You’ll look great in that two piece this summer!

BRING SEXY BACK

Lat Pulldowns with a resistance band! This move targets the back, right where the bikini sits. No bulge here!! focus on keeping your shoulders down for this one.