

Bikini Blast Circuit

Tones up the whole body, blasting fat to reveal that bikini body!

Do this circuit 3 times at 20-30 repetitions for each exercise

Lunge with a Bikini Twist

Tones the inner & outer thighs, biceps, while strengthens the core & buns!

- ⚡ Begin with your feet shoulder width apart.
- ⚡ Take a large step forward
- ⚡ Make sure your abs are engaged and your knees stay inline with your ankles as you lunge.
- ⚡ While in your lunge, Twist your core toward the front leg using your abs while curling your biceps.
- ⚡ Push all your weight into your FRONT HEEL as you come back up. *** This is very important for working the correct muscles and not hurting your knees.
- ⚡ 20-30 repetitions X 3 sets



Deadlift with Upright Row

Tones the backs of the thighs, lifts the buns and tones the shoulders!



- ⚡ Begin with your feet hip distance apart, abs engaged weights in hand.
- ⚡ Looking straight forward, bend at the hips and roll the weights down your legs (about 2 inches away from your shins & thighs)
- ⚡ Make sure your knees are not locked out, but in an athletic position- soft.
- ⚡ Continue to look FORWARD, focusing on something in front of you. (so you don't get dizzy :)
- ⚡ As you feel a stretch in your hamstrings (the backs of the thighs) come back up to a standing position, squeezing you buns and abs.
- ⚡ Once you are standing, ROW the dumbbells up to chest level. Make sure your elbows are higher than your wrists and your wrists aren't bent.
- ⚡ Keep you shoulders back and down and your neck relaxed.
- ⚡ Repeat for 20-30 repetitions & 3 sets

Shoulder Fly & Booty Slimmer

Tones the sides of the thighs, the abs, the shoulders, the the shoulders and the buns!

- Begin in a standing position with your abs tight.
- Have your arms slightly bent.
- One leg at a time, abduct it outward while bringing both arms out to the side using your shoulder muscles.
- Breathe throughout the exercise.
- Perform 20-30 repetitions, 3 Sets.



Tricep & Glute Kickback

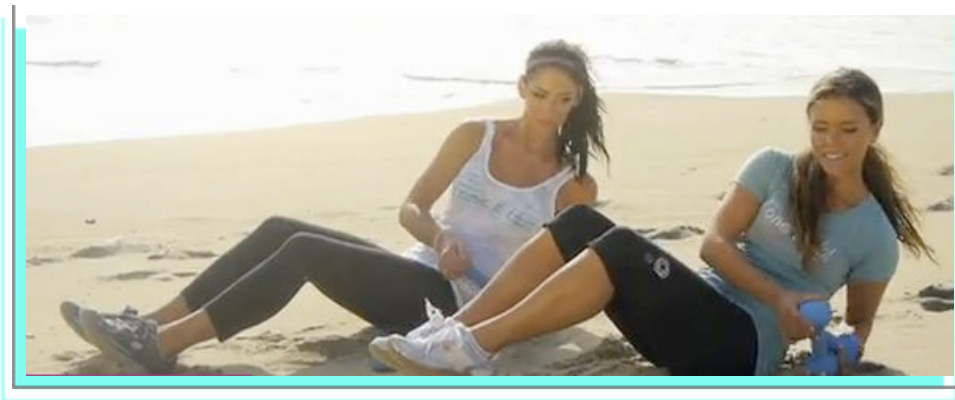
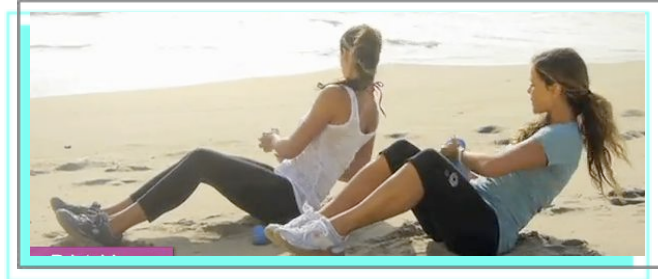


Tones the glutes, lifts the buns, tones the triceps & improves balance!!! (it was so hard in the sand)

- ✘ Stand on one foot, kick the other toe back, bend over, keeping your spine neutral and abs drawn in.
- ✘ Curling your dumbbells up maintaining your balance.
- ✘ Squeeze your arms back while kicking your leg back at the same time using your tricep and glute muscles.
- ✘ Make sure you stay on the balls of your feet.
- ✘ Keep your abs engaged!
- ✘ Breathe throughout this exercise.
- ✘ Perform exercise for 20-30 repetitions & 3 sets

Waistline Toners

- Begin sitting on the floor or mat with your abs tight and belly button drawn in.
- You may have your heels in the air or on the ground.
- Twist side to side holding your dumbbell, using your oblique muscles in your core.
- Breathe throughout the exercise!!
- Perform 20-30 repetitions - 3 sets.



Repeat circuit 3 times!!! :)