



BIKINI BODY

WORKOUT PLAN

Note: Plans Range from 65-75 Minutes Long

Saturday & Sunday – Rest Day

MONDAY

Warm-up: (Treadmill)

- 5 minutes
- Speed: 3.5
- Incline: 15.0

Leg Day:

- 4x15 - Closed Stance Squat (Smith Machine)
- 4x15 - Wide Stance Squat (Smith Machine)
- 25- Jump Squats
- 4x15 –Single Leg (Right & Left), Leg Press
- 4x15 Wide Stance Leg Press
- 25 Jump Squats
- 4x15-Hamstring Curl

Abs:

- 4x25 – Hanging Leg Raises
- 4x25-Reverse Sit Ups
- 4x25 – Russian Twist

HIIT Cardio:

Time: 30 Minutes

Machine: Stairmaster

- 3 Min Warm-up
- 1 Min- Skipping every other step
- 1 Min- Normal Climb
 - Repeat 10x
- 2 Min Cool Down

TUESDAY

Warm-up: (Treadmill)

- Walking Lunges
 - 5 minutes
 - Speed: 2.0
 - Incline: 15.0

Back Day:

- 25 –Pull-ups (Assisted)
- 4x15 – Inverted Row
- 4x15- Bent Over Row
- 4x15 – Wide Grip Lat Pull Down
- 4x15 Close Grip Lat Pull Down
- 25-Pull-ups (Assisted)
- 4x15 – Seat Cable Row
- 25 Morning Glory's
- 4x20 Hyperextensions with a Plate

HIIT Cardio:

Time: 30 Minutes

Machine: Treadmill

- 3 Min Warm-up
- 1 Min- Sprint
- 1 Min- Walk
 - Repeat 10x
- 2 Min Cool Down

WEDNESDAY

Warm-up:(Treadmill)

- 5 minutes
- Speed: 3.5
- Incline: 15.0

Shoulders:

- 4x15- Side Lateral Raises
- 4x15- Front Barbell Raises
- 4x15- Arnold Press
- 4x15- Military Press
- 4x15- Rear Deltoid Raises
- 4x15- Upright Barbell Row

Abs:

- 4x25 – Hanging Leg Raises
- 4x25-Reverse Sit Ups
- 4x25 – Russian Twist

HIIT Cardio:

Time: 30 Minutes

Machine: Spin Bike

- 3 Min Warm-up
- 1 Min- Sprint
- 30 Sec-Normal Pace
 - Repeat 11x
- 2:30 Min Cool Down

THURSDAY

Warm-up:(Treadmill)

- Walking Lunges
 - 5 minutes
 - Speed: 2.0
 - Incline: 15.0

Leg Day #2:

- 4x15- Smith Assisted Single Leg Curtsy Squat
- 4x15-Leg Extensions
- 4x15- Single Leg Hamstring Curl
- 4x15- Deadlifts
- 4x15- Hack Squats
- 4x15 –Cable Kick-Backs
- 4x15-Seated Calf Press
- 4x15-Hip Abductors (Inner &Outer)

HIIT Cardio:

Time: 30 Minutes

Machine: Stairmaster

- 3 Min Warm-up
- 1 Min- Skipping every other step
- 1 Min- Normal Climb
 - Repeat 10x
- 2 Min Cool Down

FRIDAY

Warm-up:(Treadmill)

- 5 minutes
- Speed: 3.5
- Incline: 15.0

Biceps and Triceps:

- 4x25-Tricep Dips
- 4x15-Preacher Curls
- 4x15-Tricep Pull-Downs
- 4x15-Barbell Curls
- 4x15- Skull Crushers
- 4x15-Dumbbell Curls
- 4x15-One Arm, Dumbbell Tricep Extension
- 4x15 Reverse Barbell Curl

Abs:

- 4x25 – Hanging Leg Raises
- 4x25-Reverse Sit Ups
- 4x25 – Russian Twist

HIIT Cardio:

Time: 30 Minutes

Machine: Treadmill

- 3 Min Warm-up
- 1 Min- Sprint
- 1 Min- Walk
 - Repeat 10x
- 2 Min Cool Down

WEEK 3-4

If you don't know how to complete an exercise search on Google or Bodybuilding.com