

# leg

## WORKOUT

Jump squats

Weighted walking lunges

Burn squats

Weighted step ups

Boxer jumps

Burpee jumps

Knee ups

Cable kick squats

# fat and core workouts

# arm

## WORKOUT

Biceps

Push ups

Triceps dips

Plan

Weighted squat rows & press

Muscle shivers

Commando

Split push ups

# fat and core workouts

# ab

## WORKOUT

As 100s

Weighted front leg pike

Power leg sit ups with feet

Ob 100

Muscle shivers

Leg raises in bench

Toe touches

Plan

# fat and core workouts

### CIRCUIT ONE

10 Jump squats



### CIRCUIT TWO

10 Boxer jumps (30 sec)



### CIRCUIT ONE

10 Biceps



### CIRCUIT TWO

10 Weighted squat rows & press



### CIRCUIT ONE

10 As 100s (30 sec)

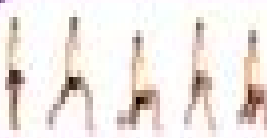


### CIRCUIT TWO

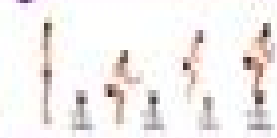
10 Muscle shivers (30 sec)



10 Weighted walking lunges (1 min)



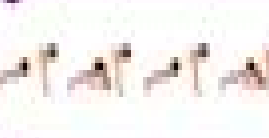
10 Burpee jumps



10 Push ups



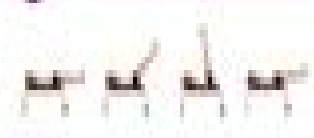
10 Muscle shivers (30 sec)



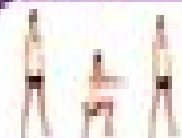
10 Weighted front leg pike



10 Leg raises in bench



10 Burn squats



10 Knee ups (1 min)



10 Triceps dips (30 sec)



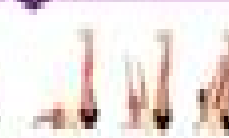
10 Commando (30 sec)



10 Power leg sit ups with feet (1 min)



10 Toe touches



10 Weighted step ups (1 min)



10 Cable kick squats



10 Plan



10 Split push ups



10 Ob 100



10 Plan



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the appearance of cellulite In this guide you will find The importance of foam rolling Recommended upper body foam rolling routine Recommended lower body foam rolling routine Stretching exercises to aid in rehabilitation Do s Don t s Step by step information

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**Bikini Body** Kayla Itsines,2017 The content in this book is written with the assistance of two Accredited Practising Dietitians from NPA Pty Ltd Nutrition Professionals Australia These guidelines are not formulated to suit any nutrient deficiencies allergies or any other food related health problems If you are an individual with such problems please seek the help of an Accredited Practising Dietitian or similar health professional The materials and content contained in Kayla Itsines Healthy Eating and Lifestyle Plan are for general health improvement 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

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entire body like never before to tone and sculpt even your toughest problem areas Indulge in dozens of decadent bikini ready recipes from shakes and smoothies to pizza and chocolate Explore the insider beauty and fashion tips that will help you choose the right bikini for your body type learn swimsuit grooming secrets of celebrity stylists and discover dozens of other secrets that will make any day in a bikini your best day ever

**Bikini Bootcamp** Melissa Perlman, Erica Gragg, 2007 A guide to slimming down and shaping up in two weeks combines intensive workouts combining Pilates circuit training and yoga with an energy enhancing diet plan mindfulness exercises and at home spa ritual Zest: Bikini Body Made Easy Charmaine Yabsley, 2009-05-18 Whether you've got just one or the luxury of six weeks to go before you jet off on holiday and you've had little time to think about how you are going to look in your bikini then this is the book for you Bikini Body Made Easy offers simple and achievable ways to feel great in your bikini The book is divided into body types Pencil figure Sporty figure Pear shape Hourglass and Apple shape For each body type Yabsley offers a workout to target specific problem areas and a 6 week diet plan There are also 24 hour emergency plans and 10 minute fixes you can do just days before you depart As well as information on diet and fitness there is advice on beauty including exfoliation make up hair applying fake tan getting rid of cellulite keeping well moisturized and most importantly the best bikini for you To complete the package there is advice on confidence building and self esteem Throughout the book there are week by week plans and time saving tips So even if you've left it to the last minute there is still time to look and feel great on the beach Other books in the series Running Made Easy 9781861057037 over 30 000 copies sold Triathlon Made Easy 9781843404330

**Mes petites routines - Bikini body pour un corps de rêve** Kayla Itsines, 2021-03-31 Aujourd'hui l'un des facteurs principaux d'anxiété chez les femmes est leur apparence ou plus précisément la façon dont elles perçoivent leur apparence Mais il est tout fait possible de s'extraire de ce cercle vicieux en prenant soin de sa santé de son estime de soi et de sa force mentale Pour un corps allongé tonique et plein d'énergie Grâce à un programme de 4 semaines ce guide vous propose d'intégrer une nouvelle routine bien-être en travaillant sur 3 points essentiels la forme physique la forme motionnelle et la forme mentale En associant des menus alimentaires simples et équilibrés des sessions de sport ciblées et variées renforcement musculaire cardio stretching et un mode de vie sain sommeil loisirs vie sociale vous obtiendrez ainsi des résultats visibles et stables pour un corps au top Mes routines Bikini Body ce sont Des idées de rituels suivre chaque jour pour aimer son corps et en prendre soin Des recettes et des focus nutritionnels pour apprendre prendre soin de soi Des exercices pour entretenir sa forme physique et son mental

**Der Bikini Body Training Guide 1.0** Kayla Itsines, Der Bikini Body Training Guide ist der 189 seitige Workout Guide von Kayla Itsines Er enthält einen 12 Wochen Plan für deine Workouts inkl Ausdauertraining Krafttraining und Dehnungen Die Workouts dauern dabei nicht einmal 30 Minuten und konzentrieren sich gezielt auf deine Problemzonen **4-week Bikini Body Plan**, 2010 Der Bikini Body Training Guide 2.0 Kayla Itsines, 2015-02-20 Yeah Du hast mein 12 Wochen Programm beendet Du kannst stolz auf dich sein und fühlst dich jetzt bestimmt viel besser gesünder und fitter Wie du jetzt wei

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**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

**28 dagen bikini body guide** Kayla Itsines,2019 *Bikini Body 28 dni* Kayla Itsines,2018

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