Get a Bikini Body in 60 Days

BIKINI BODY
WORKOUTS
THE 60 DAY TRANSFORMATION PROGRAM

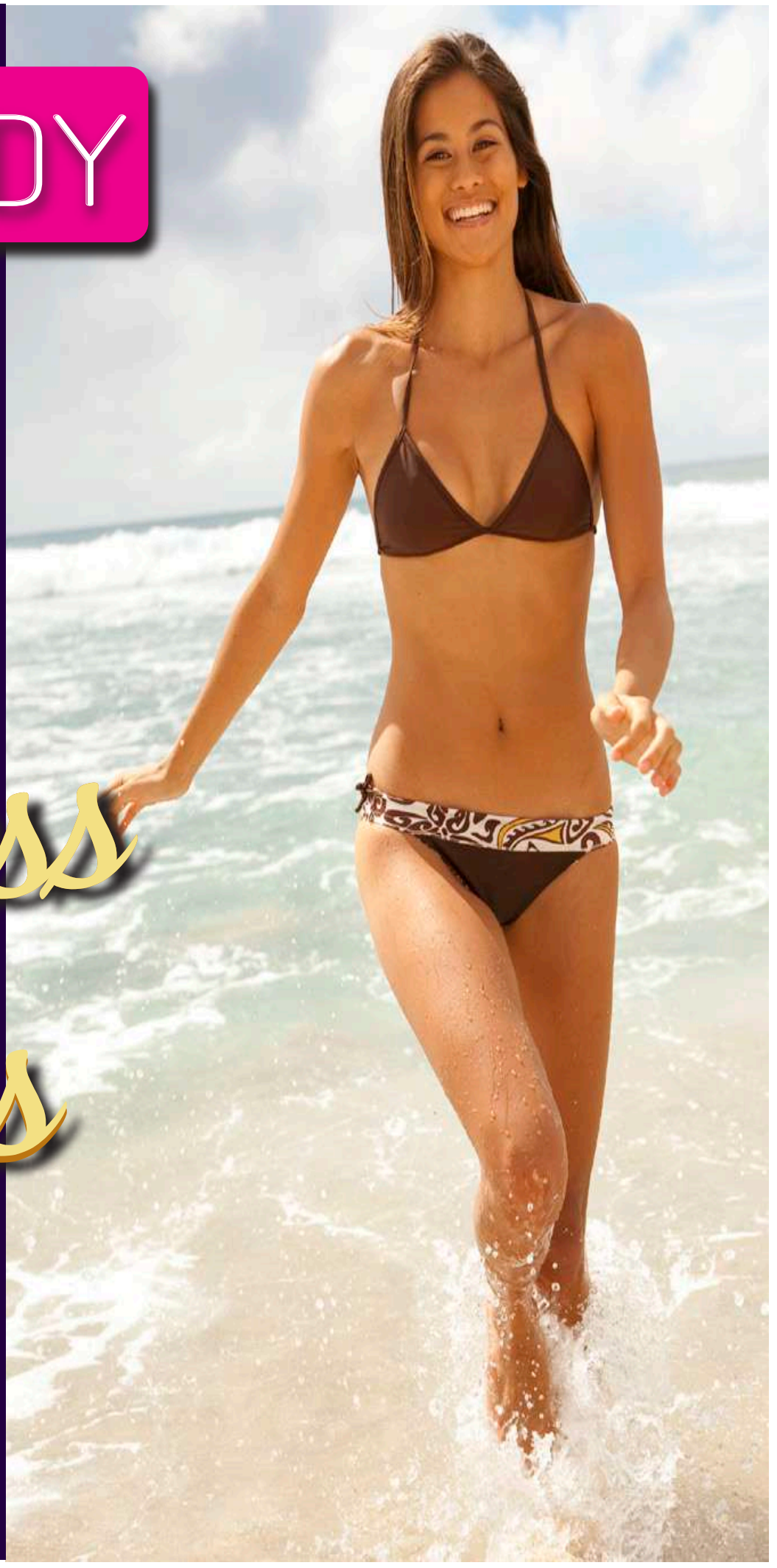


Proven Workouts.
Simple Eating.
Amazing Results.

BIKINI BODY

TOP FIVE

Fitness Myths



MYTH 1:

Doing Cardio is the Best Way to Get a Bikini Body

Everyone knows from traditional fitness advice that jogging, or hopping on the elliptical will get you the body you want. Just spend 30-60 minutes in that "Fat Burning Zone" and watch those extra pounds melt off to reveal a toned, sexy, sleek physique, right?

Wrong.

In reality, this traditional approach to cardio sucks. It's miserable, it's boring, it's not sustainable, and it's counterproductive to looking and feeling fantastic.

Consistently subjecting yourself to these long, moderate intensity aerobic sessions chronically raises your stress hormones, namely, cortisol, and this causes a cascade of changes in your body that keep you from losing fat. When cortisol is chronically elevated, your body prioritizes the storage of fat, your energy tanks, and you feel run down.

Not only that, but chronically elevated cortisol is fundamentally unhealthy. Since we want to be fit AND healthy, this prescription for endless amounts of cardio has got to go.

You are probably asking yourself, "Well, what should I do instead?"

The first thing you need to understand is that your diet will take care of 90% of your fat loss goals. Dialing in your nutrition with a healthy, sustainable plan that still lets you enjoy your favorite foods whenever you want (like in the Bikini Body Nutrition Plan) is the first step you should take in transforming your body.

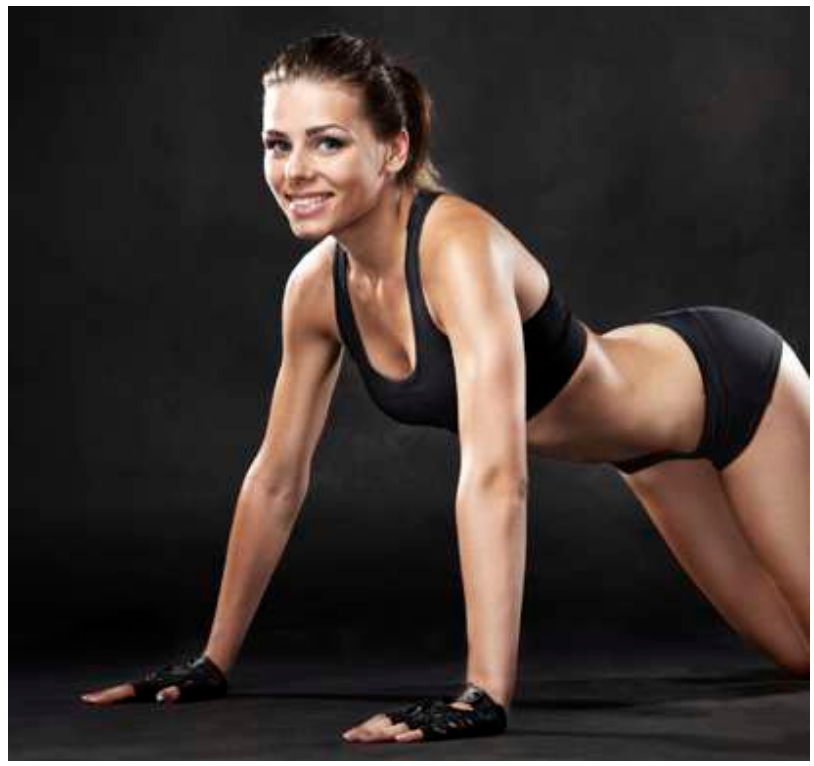
After that, the next 10% comes from a little bit of extra, high-intensity conditioning. We're not talking about that boring cardio mumbo-jumbo. The best approach is a short, hard, fat-blasting metabolic workout like hill sprints or the other routines found in Bikini Body Workouts.



Get off that treadmill, go have some fun with short, intense conditioning sessions!

Most people will not need more than three or four of these sessions each week. Since each one only lasts around 10-15 minutes, that's less than one hour of cardio each week. That's right, 30-60 minutes MAX for the week, that's all.

Do your body a favor, get off that treadmill, go have some fun with short, intense conditioning sessions, and enjoy how much better you will look and feel.



MYTH 2: You Should Lift Light Weights and Never Go Heavy

When you walk into most commercial gyms, you see women all over the place pumping away with those pink, 2.5 pound dumbbells, and avoiding the heavier weights because those will make them too big and muscular.

They are all making a big mistake because this notion that heavy weight equals bulky bodies could not be further from the truth.

You see, this misconception comes from female body builders who have built very muscular physiques with the help of some extra supplementation in the form of dangerous steroids, to give them higher testosterone levels. For those that don't know, testosterone is one of the most important hormones for building muscle. Men typically have much more testosterone than women, so men tend to build more muscle than women.

The truth is that women do not have the natural testosterone levels that will make them big and bulky, no matter how heavy of weights they lift. So let's get rid of that fear right now.

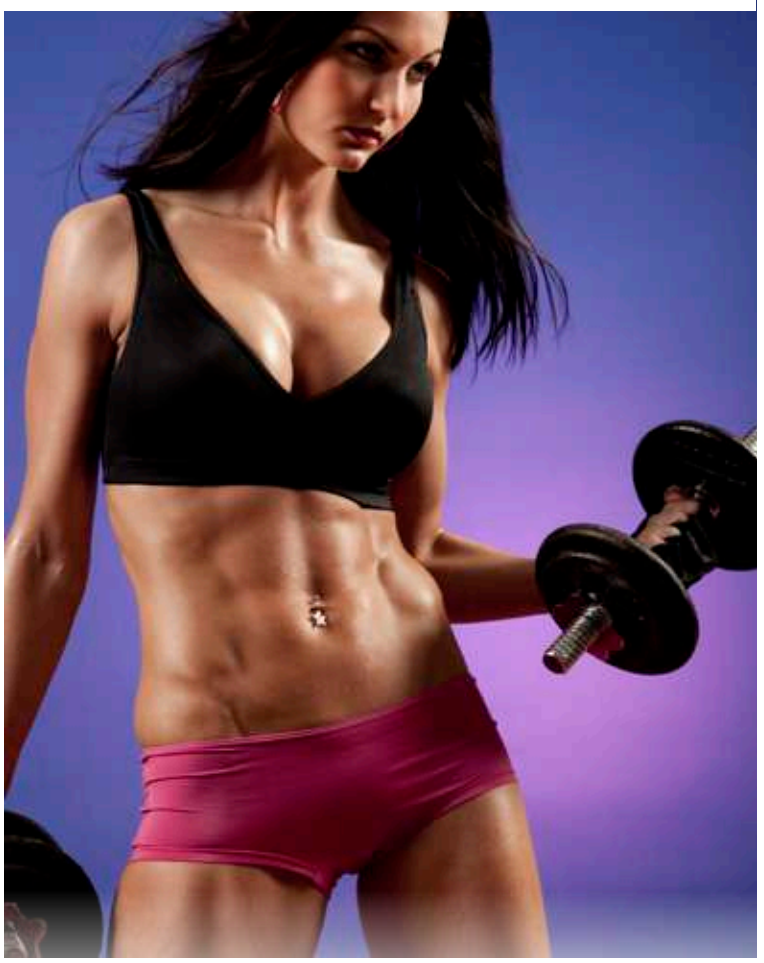
Gone? Good.

Heavy weights will never make you big and bulky.

In fact, heavy lifting has a ton of benefits that will help you move towards getting a sexy, toned body. From helping to develop your muscles, to facilitating beneficial hormonal responses, to building self-confidence, heavy lifting is a positive to addition to any female's exercise program.

Like we discussed, women don't have the natural testosterone levels that lead to large muscular growth. When they lift heavy weights, the muscle gets more developed without growing in size, and this combination creates that lean, defined physique that looks amazing with or without clothes on

Heavy weights will never make you big and bulky.



Furthermore, heavy lifting creates a metabolic effect during and after training that light weights simply cannot replicate. By using heavier weights than the traditional recommendations for women, you will get a surge of hormones that torch body fat, and create a metabolic boost that lasts long after the training session ends. Just like with cardio, hard, intense bursts of exercise trump longer sessions of lower intensity.

That means more results in less time.

Finally, beyond the effects that heavy lifting has on your external appearance, it'll give you confidence, boost your self-esteem, and make you feel amazing. We all want to transform our bodies not only to look better, but also to feel better.

Plain and simple, lifting heavy weights feels phenomenal.

Getting stronger is a great accomplishment, and when you lift heavy weights, you will be able to accomplish things you've never imagined. This inner satisfaction will shine through and you will be more confident and feel more proud in this fantastic body you're building.

Get out there and start moving some heavy weights. Your mind and body will thank you for it.



MYTH 3: You Should Only Do Circuit Training

Circuit training is all the buzz in the fitness world these days. Switching from movement to movement with low rest periods is supposedly the pinnacle of all things exercise.

Unfortunately, that's just not the case. Like we discussed, heavy lifting will be a powerful tool in your body transformation, and heavy lifting does not go hand in hand with circuit training.



Stop limiting yourself to circuits, and use the proven methods at your disposal to shape an athletic, functional, physique.

Sure, circuit training is a great way to get a lot of work done in a short period of time, and it helps to keep your heart rate up and build some conditioning. But, the most effective exercise programs will always include a mix of heavy weights, gymnastics work, explosive movements, and maybe some circuit training.

To limit yourself to only circuit style workouts is to limit the potential results you can achieve.

When you combine the benefits of heavy lifting, bodyweight work, mobility, and metabolic conditioning, you utilize a broad range of tools that lets you develop an athletic physique. We've all seen Olympic athletes and how amazing their bodies look, and these women train using all the methods we've discussed.

Branch out with your training, stop limiting yourself to circuits, and use the proven methods at your disposal to shape an athletic, functional, physique.

MYTH 4:

You Have to Starve Yourself



Let's go ahead and continue to destroy the common knowledge around exercise and nutrition and tackle the silly advice that a low-calorie diet is the best way to lose fat.

Our bodies are incredibly adaptable machines. When you starve yourself, your body senses this caloric restriction and responds with a host of changes that make it easier to store fat and harder to get rid of it. Your metabolism slows down to the point where it does not want to let go of body fat. No matter how little you eat, you won't lose that fat you're working so hard to burn.

"What's a gal to do?!"

Rather than driving yourself crazy with calorie counting, we are going to focus on eating as much nutrient-dense foods as we want so that we nourish our bodies with the materials we need to develop a strong, fit, and feminine body.

Remember from before, our bodies are great at adapting to the way we treat them. When you switch to this high-quality way of eating, focusing on fresh fruits and vegetables, organic, free-range, or grass-fed meats, wild fish, and healthy fats, your body responds by revving up its metabolism. This will allow you to burn more fat while eating more food than ever. Yup, you read that right. People who use this nutritional approach can eat as much as they want, go to sleep full and satisfied, and wake up looking better than they did the day before.

Beyond the physical toll that low-calorie diets take on your body, it's a big mental burden to deprive yourself of your favorite, delicious meals because they aren't "in your diet", whatever that means.

Getting the Bikini Body you want does not have to be some restrictive, rip your hair out of your head commitment. We want this to be a lifestyle, and for a lifestyle program to work, it can't be restrictive. Our approach to nutrition allows you to enjoy big dinners every night. You can really eat whatever you want, as long as you are smart about it, and dive into some ice cream or pizza without suffering the detrimental affects to your physique.

So, stop with the calorie restriction, nourish your body with wholesome foods and enjoy the stress-free, healthy way to looking and feeling the way you've always wanted.

MYTH 5:

You Have to Lose Weight to Look Better

"Lose 10lbs in 10 days!"

"I lost 20lbs with this plan!"

"Lose weight, get healthy!"

These are the headlines that riddle the fitness industry and try to hook you into their plan. This relentless focus on weight loss as your ticket to a healthy, attractive body has got to go.

I am going to come right out and say it. Ditch the scale. It's completely useless.

I wholeheartedly believe that every woman out there should take her scale and throw it out the window. Do it. That thing will only drive you crazy.

The fact is, scale weight is meaningless. What does matter is your body composition, and you can make profound changes to your appearance without losing or gaining an ounce of scale weight.

When you first start to lift heavy weights, do some high-intensity cardio, and eat wholesome, nutritious, unprocessed foods, your body becomes a fat burning furnace primed to develop some beautiful muscle. By following our exercise and nutrition principles you will be burning fat and building muscle on your way to an athletic bikini body.

The scale fails you in that it only shows a number. It does not show you that you have lost inches around waist, chiseled your midsection,



and toned your arms. Furthermore, your weight can fluctuate quite a bit due to all kinds of factors. From sodium, to carbohydrate intake, to monthly hormonal variations, multiple aspects of our everyday lives can send these day-to-day weight measurements haywire.

Focusing solely on this number can prevent you from realizing all the progress you have made and you will drive yourself crazy trying to push this number down. A much more sustainable approach comes from shifting your focus away from losing weight and towards changing your appearance.

Focus on how you feel walking around, the way your clothes fit, the improvements your making in your body, and the confidence you are building through taking control of your exercise, nutrition, and lifestyle.

Do yourself a favor, put that scale where it belongs, in the garbage. You're worth more than a number, so it's time to start defining yourself by something more important than a number: the way you look, and the way you feel.



Now that you know what mistakes to avoid you need a step-by-step action plan that will help you get that lean, sexy body you've always dreamed of having.

Bikini Body Workouts is the proven system that will get you there so that you'll be turning heads wherever you go.



Yes!
I want my
Bikini Body

Click Here Now

BIKINI BODY Success Stories



I am so incredibly grateful for having had the opportunity to work with Jen and Jay! Over the three months that I was able to work with these two I feel that great attention was paid to my overall health and well-being. I always felt like I would have to go on a program where the meals were already prepared in order to lose fat and get the figure I wanted. I was finally able to learn how to take control of my nutrition and really create big changes in my physique with my own cooking and meal prep via Jen and Jay's guidance. They were able to empower and teach me to make the changes I had always wanted to see and I have continued to see enormous progress because of the principles I was taught. I am really grateful for all the effort and knowledge that was given to me and I am continuing on the road to success! :]

Brittany Adams-Hoffman



Having worked in corporate gyms for over 6 years & my partner being a personal trainer I thought I knew enough about how my body works & what gets it in shape. All this time up until I took a plunge & started with Jen & her bikini body workouts, I was amazed with my results given such a short period! I will never forget the moment I could see abdominal definition on the 12th day of the workouts & eating plan. My digestive health & well-being improved in as little as 2 weeks. Recovery time improved & I had better nights sleep, not to mention the sex life improved dramatically as well. I can't thank Jen & her husband Jason Ferruggia for the continuous knowledge & support through this journey of my life. Its been an absolute pleasure working with them & allowing me to change my outlook on fitness & health forever.

Bianca Joubert



I am a 32 year old mother of three who was starting to settle for the body I had. The problem is that I was in the worst shape of my life, and just felt horrible about myself every day. Getting ready for work each day was emotionally draining, and I was too ashamed with the way I looked to even take my kids to to pool. Once I started working with Jen and Jason, my life was changed forever! I had no idea what to expect when I started the program, but now I am in the best shape I have been in my life, I am aware of the food I am eating and plan ahead to make sure I have supportive foods all the time. I now look forward to working out, and can't wait for the next workout day. After only 8 weeks on the program I lost a total of 8.8 pounds, 3" on my chest, 6.5" on my waist, 3.5" on my belly, 3.25" on my hips, 1.5" on my thigh and .25" on my arm. Total overall I lost 18 inches! Plus, I am more muscular than I think I have been in my life. There are no words to express my gratefulness to Jen and Jason for all of their help, and coaching through this program.

Thank you again, and if you need anything for the book, or anything else you are working on, just let me know. You guys are awesome :)

Alison Liddic



Before I began the Bikini Body Workouts coaching program I was in the best shape of my life. I did this on my own through hard work, consistency and educating myself. I was lean and had a nice muscle base, but I was not ripped--and I wanted to be ripped. That's where the Bikini Body Workouts coaching program came in. I absolutely loved the training Jason and Jen put us through--it still allowed me to lift heavy, which is my favorite way to train, but it also introduced me to variations in my training that I didn't realize I would also love just as much, ie. changing my rest periods, set and rep ranges, metabolic training and even adding some cardio. In the beginning I was unsure I would be able to adhere to the diet guidelines because my variety of food choices decreased somewhat but as I went along I was shocked at how easy it was for me to comply to it (even with my erratic schedule). The Bikini Body Workouts coaching program changed my body in ways I wasn't sure I would ever be able to change--I lost stubborn fat in my most troublesome areas and I had a six pack without even flexing which were two goals I have always wanted to achieve.

Tanis Parenteau


BIKINI BODY WORKOUTS
BEFORE
AFTER


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BEFORE
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Yes! I want my Bikini Body



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Bikini Bootcamp Exercise Guide

6 Weeks To A Stronger Healthier Body



BIKINI BOOTCAMP SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CHEST + SHOULDERS + TRICEPS	QUADS + GLUTES	*OPTIONAL: 10 MIN HIIT + ABS ROUTINE*	BACK + BICEPS	HAMSTRINGS + CALVES	10 MIN HIIT + ABS ROUTINE
REST DAY	CHEST + SHOULDERS + TRICEPS	QUADS + GLUTES	*OPTIONAL: 10 MIN HIIT + ABS ROUTINE*	BACK + BICEPS	HAMSTRINGS + CALVES	10 MIN HIIT + ABS ROUTINE
REST DAY	CHEST + SHOULDERS + TRICEPS	QUADS + GLUTES	*OPTIONAL: 10 MIN HIIT + ABS ROUTINE*	BACK + BICEPS	HAMSTRINGS + CALVES	10 MIN HIIT + ABS ROUTINE
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REST DAY	CHEST + SHOULDERS + TRICEPS	QUADS + GLUTES	*OPTIONAL: 10 MIN HIIT + ABS ROUTINE*	BACK + BICEPS	HAMSTRINGS + CALVES	10 MIN HIIT + ABS ROUTINE

CHEST EXERCISES

Push-up



BEGINNERS: Do your pushups on your knees until you build up the strength to do them on your toes. Start lying face down with hands right outside your chest. Squeeze your abs in and keep your body in a solid plank position as you press away from the floor. (It is okay to peel up at first if you need to until you can build up the strength to hold your body solid – it's better to get full range of motion than to not push all the way up.) Once you're at the top of your plank, shoulders should be directly over your wrists and hands should be about shoulder-width apart, fingers slightly pointed inward. DO NOT arch your lower back. Abs stay tight the entire time and eyes stay on the floor. Slowly lower down. Repeat.

ADVANCED: Start in a plank position on your toes, squeezing your abs in and keeping your body solid as you lower down to the floor. Shoulders should be directly over your wrists and hands should be about shoulder-width apart, possibly wider. Elbows travel back at about a 45 degree angle and fingers may point slightly inward. Abs should stay tight the entire time. DO NOT arch your lower back. Keep your eyes on the floor as you press the floor away ensuring full range of motion ("chest to deck").

Keep your **ABS TIGHT** throughout

Chest Fly

Lay flat on the ground or bench with the weights in each hand straight over your chest with your palms facing inward towards one another. With a slight bend in your elbows, lower the weight toward the floor making a "T" shape with your upper body. Exhale as you bring the weight back up to the starting position.



Chest Press



Sit down on the ground, pick up your weights carefully and THEN lie back. Lying flat on the ground or bench with abs in and weights in each hand, start with your elbows at 90 degrees (perpendicular to the floor) and arms in line with your chest. Your palms should face down toward your feet and your arms should look like goal posts. Slowly press the weights up until your arms are straight and your weights are about 2-3 inches apart. Your weights should be right in line with your breastbone, NOT over your face or over your bellybutton. Carefully lower them back down to the starting position and repeat. Inhale as you lower, exhale as you press up.

SHOULDER EXERCISES

Shoulder Press



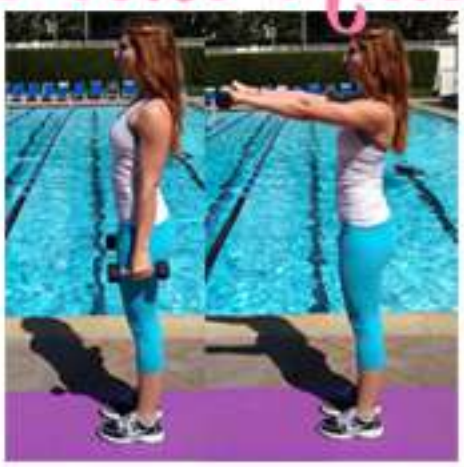
Standing upright with your core engaged, hold a dumbbell in each hand and raise your arms up to shoulder height with your palms facing forward. Pretend your arms are a field goal like in football. Keep your elbows at shoulder height throughout the exercise. Exhale and press your dumbbells overhead, then slowly lower until you reach the starting position.

Lateral Raise

Standing upright with your core engaged, hold a dumbbell in each hand with your palms facing in towards your body. Exhale and raise your dumbbells out to the sides up to shoulder height, then slowly lower until you return to the starting position. Keep your shoulder blades held back and down as much as possible throughout this movement. If doing both arms is too difficult, you may alternate left and right arms, performing only one arm raise at a time.



Front Raise



Standing upright with your core engaged, hold a dumbbell in each hand with your palms facing behind you. Exhale and raise your dumbbells up to shoulder height, then slowly lower until you return to the starting position. Keep your shoulder blades held back and down as much as possible throughout this movement. If doing both arms is too difficult, you may alternate left and right arms, performing only one arm raise at a time.

Posterior Fly

Place feet about shoulder width apart. With a slight bend in your knees, lean forward to about a 45 degree angle with a flat back and your core engaged. It's SUPER important to keep your abs tight any time you are in a bent-over position. Hold your dumbbells in front of your chest with a slight bend in your elbow. Raise arms out to your sides, leading with your pinky finger, until your elbows are slightly higher than your shoulders, then return to the starting position. Exhale as you raise the weights, inhale as you slowly lower them down.



TRICEP EXERCISES

Lying Tricep Extension



Lying flat on the ground or a bench, hold dumbbells over your shoulders with straight arms and palms facing each other. DO NOT hold them over your face and be very careful not to drop your weights. Safe form is very crucial here (this exercise is also known as the "skullcrusher" and you can guess why). Without moving your elbows, inhale as you hinge at the elbow lowering the weights down to frame the outsides of your face. Exhale and press the weight back to the starting position focusing on squeezing the back of your arms.

Tricep Dips – Level 1



Tricep Dips – Level 2



Tricep Dips – Level 3



Sit on a stable chair or bench and place your hands on the chair just outside of your hips with your palms down and fingers facing your toes. Keep your knees in line with your hips and stacked over your ankles for Level 1, legs straight for Level 2, and one leg lifted for Level 3. Bring your hips forward off the chair and slowly lower your body toward the ground with your elbows sliding straight behind you (as if they were on parallel railroad tracks) until they make a 90 degree angle. Do NOT let your elbows wing out to the side. Keep your hips as close to the chair or bench as possible throughout the movement. Squeeze the back of your arms and exhale to push yourself back up to the starting position.

Always keep your **CORE TIGHT!**

QUAD & GLUTE EXERCISES

Squats



Hook your dumbbells on your shoulders. Stand with feet slightly wider than hip-width apart, toes pointing slightly out. Keep your shoulders back and down with chest up. Engage your core and keep your weight in your heels. You should be able to wiggle your toes throughout this entire movement. Lower your hips back and down into a squat (like you would to sit in a chair) until your thighs are parallel with the ground. Make sure your hips are pushing back behind you, your knees do not go past your toes and your chest always stays in an upright position (it should NEVER face the floor). Exhale and push up through your heels as you squeeze your glutes to come back to standing. Do not let the knees cave inward in your squat.

Squat Jumps



Using the same squat form, lower your hips back into the squat but don't go quite as low for the jump version. Inhale and bring your hands in front of your chest when you lower down, then swing your arms swiftly back behind you to help drive yourself straight into a vertical jump as you exhale. Jump as high as you can, but ALWAYS land softly going from "toe to heel" to safely absorbing the impact. Do not slam your feet down when you land. Do as many as you can in a row with good form and take breaks as needed.

Walking Lunges



Holding dumbbells at your sides with straight arms, take a wide step forward into a lunge with your chest up, core engaged and knee behind your toe. The front knee should stack directly on top of your front ankle. Lower down as low as you can while maintaining your balance and a tight core. Push through your forward heel to stand back up and bring your back leg forward to meet the front leg. Switch legs and repeat as you walk across the room.

QUAD & GLUTE EXERCISES

Bulgarian Split Squat



(Note: You may do regular lunges if maintaining your balance in this position is too difficult.) Holding dumbbells at your sides, place one foot on top of a sturdy bench or chair and step the other foot in front of you in a lunge position. Make sure your front knee is stacked directly over your front ankle. With your torso in an upright position and your weight pressing through your forward heel, "turn the glutes on" as you slowly descend into a lunge. Inhale on the way down, exhale as you drive upward pressing through your heel and continuing to squeeze the legs and glutes. Repeat, completing all reps on one leg before switching to the other side.

Keep the knees **BEHIND** the toes!

Jump Lunges Level 1



Coming into the same lunge position, step or hop into a lunge on the other side. Switch back and forth for as long as you're able to maintain good form with abs tight. Take breaks as needed. You do not need to go as low into the lunge as you do in a standing lunge. Level 1 – keep your hands on your hips. Level 2 – raise your hands vertically in the air.

Jump Lunges Level 2



BACK EXERCISES

Bent Over Rows



Place feet shoulder width apart. With a slight bend in your knees, lean forward with a flat back and your core engaged until your body is at about a 45 degree angle. Hold dumbbells straight down in front of your chest with palms facing inward. Pull them up to your chest by sliding your elbows back and squeezing your shoulder blades together towards your spine. Your elbows should brush your sides and remain parallel with one another (DO NOT let them wing out to the sides). Slowly lower the weight until your arms are fully extended and repeat. Exhale as you lift, inhale as you lower.

Alternating Arm/Leg Raise



Come into a plank position with shoulders stacked over your wrists, abs in and hips/head in alignment. NOTE: You may also do this exercise on hands and knees if you're unable to maintain your balance in plank. Reach your right arm forward as your left leg lifts, but don't let your hips turn to the sides. Lower arm and leg back down to plank, then switch

Supermans



Lying face down, reach your arms out overhead (to make it easier, bend your elbows to keep your hands closer to your head). Keep your eyes on the floor as you lift your shoulders and legs off the ground by squeezing your glutes and mid/lower back. Carefully return to the floor and repeat.

Single Arm Row



On hands and knees on the floor, make sure your shoulders are directly over your wrists and your knees are hip-width apart. Slide your shoulder blades back and down and hold them there. Hold one dumbbell with your palm facing in. With your core engaged (bellybutton in), pull dumbbell up to your chest with your elbow leading toward the sky. Exhale as you squeeze your upper back muscles as you slide your shoulder blade in and down towards your spine. Inhale as you slowly lower the weight until your arm reaches the ground. Finish all reps on one side before switching to the other side.

Lat Pullovers



Lying face up with feet planted hip-width apart, hold the heads of one dumbbell. Keep your arms straight and start with it on top of your thighs. Keep your bellybutton in as you raise the weight up and over your head, maintaining straight arms throughout. Keep your abs tight and do not arch the back too much. Lower the weight down to about 2-3 inches away from the floor. Keep your shoulder blades back and down as you squeeze your back to pull the weight back over to the starting position. Inhale as you raise, exhale as you pullover. Repeat.

BICEP EXERCISES

Hammer Curls



With your shoulders rolled back and down, your core engaged and your dumbbells by your sides with your palms facing your body, exhale as you squeeze your biceps and raise the dumbbells up toward your shoulders. Inhale as you slowly lower back to the starting position and repeat. Make sure your wrists are flat here (not bending backward) and keep your elbows glued to your sides (don't swing your arms).

USE YOUR **MUSCLES,** NOT MOMENTUM!

In & Out Curls

With your shoulders rolled back and down, your core engaged and your dumbbells by your sides with your palms facing upward, squeeze your biceps raising the dumbbells up toward your shoulders vertically. Slowly lower to the starting position, rotate your palms out to the side and curl weight up towards your shoulders laterally. Slowly lower and repeat sequence keeping your wrists flat (not bending backward) and elbows glued to your sides (don't swing your arms).



HAMSTRING & CALVE EXERCISES

Calve Raises



Hold weights in your hands with straight arms by your sides. Keep your shoulders back and down and your abs in. Your feet should be hip-width apart. Keep your legs straight as you rise up onto your toes, then slowly lower back down to the floor and repeat. Exhale as your rise up, inhale as you lower. Do not let your feet turn outward or cave inward; keep them parallel with one another throughout.

Single Leg Deadlift



Stand on one leg, keeping that leg straight with a soft knee (do not lock out your knee). Keep your shoulders back and abs in as you raise the heel of your other straight leg to tilt forward like a teeter totter. Keep your eyes on the floor in front of you. Your body should remain in plank position throughout the movement; the only thing that changes is your hip hinge. Inhale as you lower, exhale as you lift back to standing. When you lift up, focus on squeezing the back of your leg and glute, not putting any strain on your back! This part is super important. Complete all reps on one leg before switching.

Romanian Deadlift



KEEP YOUR ABS ENGAGED throughout this exercise (it is VERY important). With your shoulders rolled back and down, your core engaged, and your dumbbells in front of you with your palms facing your legs, slowly lower them down as you push your hips behind you. Keep a flat back and a slight bend in your knees and only lower down as low as you are able to maintain good form. Inhale as you lower down, exhale as you slowly rise up. Lift using the back of your legs and glutes to stand, NEVER straining your back.

Leg Curl



On your hands and knees with shoulders directly over your wrists, secure a weight behind one knee by squeezing your leg back to hold it tight. Hold the weight firmly with your leg as you press your heel back and up towards the sky. Slowly return to starting position and repeat all reps on one side before switching to the other side.

Bridges



Lying on the floor with your heels near your glutes and knees in line with your hips, rest weights on top of your hips. Keep your abs engaged as you press your hips up, squeezing the back of the legs and glutes as you exhale. Inhale as you lower down and repeat.

ABS ROUTINE

10 V-Ups



Start in a lying position with arms extended overhead and legs straight. Squeeze your legs together and lift them as you tuck your bellybutton in and reach for your toes, creating a "V" shape with your body. Carefully lower down and repeat.

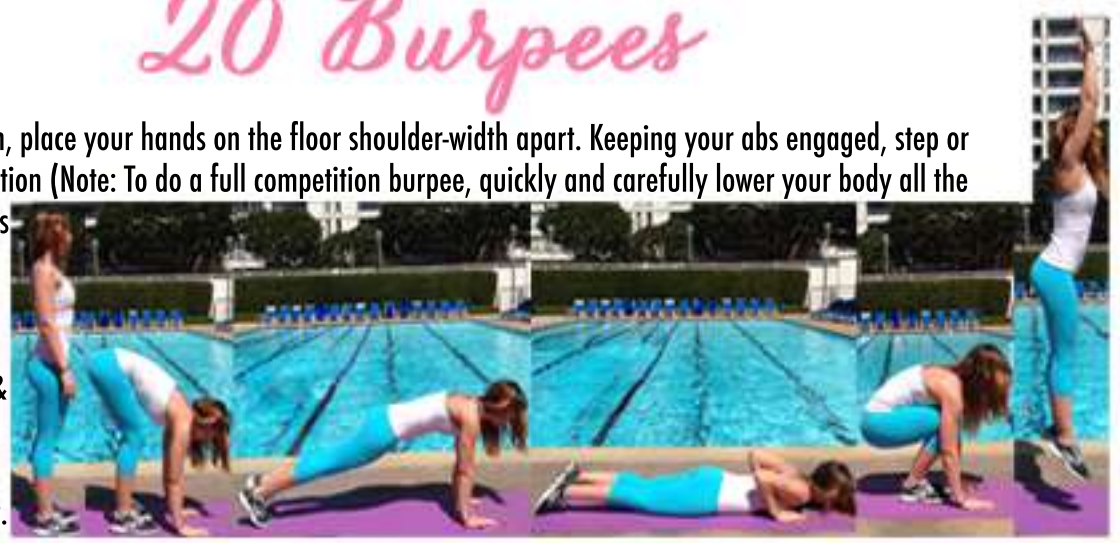
V-Up Modification



Modified V-Ups are just a standard situp with your feet flat on the floor and arms reaching overhead. Come all the way up into a seated position with abs in, then slowly lower back down. You may also fold your arms across your chest if you are not yet able to do the full situp on your own.

20 Burpees

Starting in standing position, place your hands on the floor shoulder-width apart. Keeping your abs engaged, step or jump back into a plank position (Note: To do a full competition burpee, quickly and carefully lower your body all the way down to the floor at this point), then step or jump back to standing. Try not to let your knees flare out to the sides. Plant your heels & drop your hips as you lift immediately into a vertical jump from here then repeat.



ABS ROUTINE

30 Scissors



Start with hands under your hips. Tuck your bellybutton in towards your spine, keep your low back on the floor, and lift your head up as you tighten your abs. Starting with both legs in the air, feet flexed, slowly alternate right and left legs, lowering each heel down only as low as you're able to maintain your low back contact with the floor and abs in. Each leg counts as 1 rep.

40 Oblique Twists

Starting in a seated position (with or without a light dumbbell), sit up tall with your chest up and abs in. Keep your shoulders back. Your legs can either be in "tabletop" position (shown here) or down with feet planted on the ground. Keeping good posture, tap the floor on each side with your weight (or tap clasped hands if using no weight). Each tap counts as 1 rep.



50 Mountain Climbers



In a plank position (shoulders over wrists, abs in and back flat), alternate tapping your right and left foot as if you were climbing a mountain. Don't let your hips rise up here. Each tap counts as 1 rep.

60 Bicycles

Start in a lying position, bellybutton tucked in towards your spine. With chin slightly tucked and fingers lightly holding your head to help support your neck, bring your left elbow to tap your right knee as your left leg extends. Keep your shoulders and head off the floor as you alternate sides (right elbow to left knee). Each tap counts as 1 rep.



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