



Indoor Bikini Body Program

Schedule:

(This month I want you to consider increasing your weight. These workouts are meant to be intense so bring the intensity to them. Have little rest and crank them out! Think fitness model, fitness model, fitness model!)

- Day 1 - Workout A
- Day 2 - Functional
- Day 3 - Rest Day
- Day 4 - Workout B
- Day 5 - Workout C
- Day 6 - Workout D
- Day 7 - Rest Day



Weight Training:

Workout A: Chest and Tris

Exercise	Weeks $\frac{1}{2}$	Weeks $\frac{3}{4}$
SB DB Bench Press	3 x 12	3 x 15
Dips	3 x 12	3 x 15
Cardio Set		
SB DB Flies	3 x 12	3 x 15
SB Skull Crushers	3 x 12	3 x 15
Cardio Set		
Push Ups	3 x 12	3 x 15
Side Push Up	3 x 12	3 x 15
Cardio Set		

Cardio Set:

Jump Squats x15
 Mountain Climbers x25
 Walking Lunges x10
 Burpees x5



Workout B: Back and Bis

Exercise	Weeks $\frac{1}{2}$	Weeks $\frac{3}{4}$
Lat Pull Downs	3 x 12	3 x 15
Concentration Curls	3 x 12	3 x 15
Cardio Set		
Seated Row	3 x 12	3 x 15
Hammer Curls	3 x 12	3 x 15
Cardio Set		
Bentover Row	3 x 12	3 x 15
21s	3 x 21	3 x 21
Cardio Set		

*Use your bands for pull downs and rowing.

Cardio Set:

Rapid Plie Squats x15
 Mountain Climbers x25
 Jump Switch Lunges x10
 Burpees x5



Workout C: Shoulders and Abs

Exercise	Weeks $\frac{1}{2}$	Weeks $\frac{3}{4}$
Shoulder Press	3 x 12	3 x 15
Suitcases	3 x 12	3 x 15
Cardio Set		
Arnold Press	3 x 12	3 x 15
Plank	3 x 20 sec	3 x 30 sec
Cardio Set		
Front Raises	3 x 12	3 x 15
V-Up Toe Touch	3 x 12	3 x 15
Cardio Set		

Cardio Set:

Walking Lunge	x10
V-Through	x20
Jump Squat	x10
Burpees	x5



Workout D: Legs

Exercise	Weeks $\frac{1}{2}$	Weeks $\frac{3}{4}$
Weighted Squat (DB to side)	3 x 12	3 x 15
Weighted Walking Lunges	3 x 12	3 x 15
Cardio Set		
Weighted Plie Squat (DB in middle)	3 x 12	3 x 15
Calf Raises	3 x 12	3 x 15
Cardio Set		
Rapid Squat	3 x 12	3 x 15
Cardio Set		

Cardio Set:

Lower Leg Lifts x15
 Bicycle Crunch x15
 Plank 30 sec
 Standing Knee to Elbow x20



Functional - *Lazy Sunday* - This is a difficult workout...do as much as you can! This can be done outside or in your living room.

Warm Up (1x):

Rapid Squat x20

Standing Knee to Elbow x20

Set 1 (3x):

Walking Lunges 10x (each side)

Squat Jumps 10x

Speed Skaters 10x (each side)

Cardio (1x):

Burpees x5

Jump Switch Lunge x10

Standing Knee to Elbow x20

Mountain Climbers x20

Set 2 (3x):

Push-Ups 10x

Mountain Climbers 15x

Dips 10x

Cardio (1x):

Burpees x5

Jump Switch Lunge x10

Standing Knee to Elbow x20

Mountain Climbers x20

Set 3 (3x):

Burpees 5x

V-Ups 15x

Football Run 20 sec

Cardio (1x):

Burpees x5

Jump Switch Lunge x10

Standing Knee to Elbow x20

Mountain Climbers x20

Cool Down (1x):

Rapid Squat x20

Standing Knee to Elbow x20