

Week 3

BIKINI CHALLENGE 2.0

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arms 3 X 10 <u>Warm-up:</u> 15 Min Stair Stepper <u>Set 1</u> Push Press Hammer Curl <u>Set 2</u> Lateral Raise Bicep Curl <u>Set 3</u> Tricep Kick Back Bicep In-N-Out <u>Abs!</u> Wood Chop Kettle Bell Swing Plank Hip Twist Bent Leg Jack Knife Leg Raises	Cardio + HIIT <u>Warm-up:</u> 1-1.5 Mile Run 3 X 30 Sec Side Kick Squat Lunge Kick Back Mountain Climber Jumping Jacks Push-Up <u>Abs!</u> Butterfly Crunch Full Body Sit Up Heel Kick Down	Back & Chest 3 X 10 <u>Warm-up:</u> 15 Min Stair Stepper <u>Set 1</u> Bent Lat Raise Dumbbell Wide Row <u>Set 2</u> Chest Press Lying Chest Fly <u>Set 3</u> Barbell Bent Row Standing Chest Fly <u>Abs!</u> Wood Chop Kettle Bell Swing Plank Hip Twist Bent Leg Jack Knife Leg Raises	Cardio + HIIT <u>Warm-up:</u> 1-1.5 Mile Run 3 X 30 Sec Side Kick Squat Lunge Kick Back Mountain Climber Jumping Jacks Push-Up <u>Abs!</u> Butterfly Crunch Full Body Sit Up Heel Kick Down	Legs 3 X 10 <u>Warm-up:</u> 15 Min Stair Stepper <u>Set 1</u> Step-Ups Sumo Squat <u>Set 2</u> Lunge Kick Back Barbell Squat <u>Set 3</u> Calf Raises 20 Sec Wall Sit <u>Abs!</u> Wood Chop Kettle Bell Swing Plank Hip Twist Bent Leg Jack Knife Leg Raises	Your Day! Get out and get active!!!