

8 WEEK BIKINI ABS: FITNESS SCHEDULE

WEEK ONE

Every Monday - Wednesday - Friday: Perform CIRCUIT 1 within 8:00 minutes and rest 30 seconds.
Perform CIRCUIT 2 within 8:00 minutes and rest 30 seconds. *Perform this sequence a total of 2 times.*

MONDAY - LEGS

Circuit 1	Reps	Time
Body Squats	15	8:00 Minutes
Stationary lunges	24 (12 each side)	
Skipping	40 Reps	
Knee ups	24 (12 each side)	
Circuit 2	Reps	Time
Walking lunges	24 (12 each side)	8:00 Minutes
Wide leg squats	15	
Step ups	24 (12 each side)	
Mountain climbers	40 Reps	

TUESDAY

40 minute walk.

WEDNESDAY - ABS

Circuit 1	Reps	Time
Pushup (modified)	15	8:00 Minutes
Straight Leg Raise	15	
High Knees	40	
Plank	30 secs	
Circuit 2	Reps	

Lay down push ups (modified)	15	8:00 Minutes
Straight leg sit ups	15	
Tricep dips	15	
Ab bike	30 (15 per side)	

THURSDAY

Yoga Routine - look for a follow along video in your inbox this week.

FRIDAY - ARMS

Circuit 1	Reps	Time
Body Squats	20	8:00 Minutes
Burpees	10	
Tricep dips	20	
Straight leg sit ups	15	

Circuit 2

High Knees	40	8:00 Minutes
Laydown pushups (on knees)	15	
Skaters	24 (12 Each side)	
Mountain Climbers	50 (12 Each side)	

SATURDAY

40 minute walk.

SUNDAY

Yoga Routine - look for a follow along video in your inbox this week.

TRACKING YOUR PROGRESS

Tracking your progress can be really fun. Looking back at the progress you've made is a great feeling. It reminds us that every day we are making shifts and changes and although it may feel uncomfortable see where we're at now, it will all be worth it in the long run. I encourage you to take steps before you start to record where you are.

I love seeing your progress so please tag me in your social media pages with #stephendel @stephendel. You can also email your progress photos to me at thefitandfearless@gmail.com.

WWW.STEPHENDEL.COM