

Steph **Hendel**

# 8 WEEK BIKINI BODY ABS: FITNESS SCHEDULE

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## WEEK 2

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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	28 (14 each side)	
Jump Rope	55 (If you don't have a jump rope, pretend)	
High Knees	28 (14 each side)	
Circuit 2	Reps	Time
Walking Lunges	28 (14 each side)	8:00 Minutes
Wide Leg Squats	16	
Step Ups	28 (14 each side)	
Mountain Climbers	55 Reps	

### TUESDAY

40 Minute Walk

### WEDNESDAY : ABS

Circuit 1	Reps	Time
Pushup (Modified)	15	8:00 Minutes
Straight Leg Raise	16	
Straight Leg V-Sits	15	
Plank	40 Secs	

Circuit 2	Reps	Time
Locust Push Ups (Modified)	16	8:00 Minutes
Straight Leg Sit Ups	15	
Tricep Dips	16	
Ab Bike	34 (10 per side)	

## THURSDAY

Yoga Routine

## FRIDAY : TOTAL BODY

Circuit 1	Reps	Time
Body Squats	20	8:00 Minutes
Burpees	10	
Tricep Dips	21	
Straight Leg Sit Ups	16	

Circuit 2	Reps	Time
Straight Leg V-Sits	20	8:00 Minutes
Locust Pushups (Modified)	16	
Step Ups	28 (14 Each Side)	
Skaters	50	

## SATURDAY

40 Minute Walk

## SUNDAY

Yoga Routine

## 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.

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