

Steph **Hendel**

8 WEEK BIKINI BODY ABS: FITNESS SCHEDULE

WEEK 5

This week we're mixing things up! We're focusing on what we call Pulse Toning. This will work different muscles than we've been working the last 3 weeks. Expect it to burn and be challenging. You get to choose if you love the challenge or hate it. We always encourage you to LOVE it!

MONDAY

Circuit 1	Reps	Time
Jump Lunge (w/ Arms Extended Up) 20 (10 Each Side)		8:00 Minutes
Burpees	11	
Step Ups (w/ Knee Raise)	28 (14 Each Side)	
Sumo Squats	16	
Circuit 2		
Jumping Jacks	80	8:00 Minutes
Walking Lunges	20 (10 Each Side)	
Curtsy Squat	24 (12 Each Side)	
Jump Squats	15	

TUESDAY

- 40 Minute Walk
- + 30 Second Side Plank
 - + 30 Second (Other) Side Plank
 - + 30 Second Front Plank

WEDNESDAY - ABS + ARMS

Circuit 1	Reps	Time
Dumbbell Squat Press (w/ 13 lb Weight)	15	8:00 Minutes
Tricep Dips	16	

Up and Down Plank	20 (10 per side)
V-Sit	15

Circuit 2

Bicycle Crunch	40 (20 Each Side)	8:00 Minutes
Kickbox Side Kick(4) + Pushups, Modified(1)	16	
Straight Leg Raise Reverse Crunch	15	
Locust Push Up	16	

THURSDAY

Yoga Routine 1 or 2

FRIDAY - TOTAL BODY

Circuit 1	Reps	Time
Dumbbell Squat Press (w/ 13 lb Weight)	15	8:00 Minutes
Burpees	11	
Pushup (Modified)	16	
V-Sit	15	

Circuit 2	Reps	Time
Jumping Jacks	80	8:00 Minutes
Sumo Squat	16	
Jump Rope	55	
Straight Leg Sit Ups	17	

SATURDAY

40 Minute Walk

- +30 Second Side Plank
- +30 Second (Other) Side Plank
- +30 Second Front Plank

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 at first, 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! 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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