

Steph **Hendel**

8 WEEK BIKINI ABS WORKOUT PLAN

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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. It should take 34 minutes to complete these circuits.*

MONDAY - LEGS

Circuit 1	Reps	Time
Body Squats	15	8:00 Minutes
Stationary lunges	24 (12 each side)	
Jump rope	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	 Time
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.



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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 Each 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



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. It should take 34 minutes for these circuits.*

MONDAY - LEGS

Circuit 1	Reps	Time
Squat Press (w/ 13 Lb Weight)	15	8:00 Minutes
Step Ups (w/ Knee Raise)	28 (14 each side)	
Jump Rope (Pretend if you don't have one)	55	
Stationary Lunges	28 (14 each side)	
Circuit 2	Reps	Time
Jump Squats	16	8:00 Minutes
Bridges	16	
Burpees	11	
Step Ups (w/ 7 Lb Weights in Each Hand)	28 (14 each side)	

TUESDAY

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

WEDNESDAY - ABS + ARMS

Circuit 1	Reps	Time
Pushup (Modified)	15	8:00 Minutes
Straight Leg Sit Ups	16	
Kickbox Side Kick(4) + Pushups, Modified(1)	16	
V-Sit	16	
Circuit 2	Reps	Time
Tricep Dips	16	8:00 Minutes
Straight Leg Raise Reverse Crunch	15	
Locust Push Up (See Image on Facebook)	16	
Up and Down Plank	20 (10 each side)	

THURSDAY

Yoga Routine

FRIDAY - TOTAL BODY

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

Circuit 2	Reps	Time
Jumping Jacks	50	8:00 Minutes
Curtsy Squat	28 (14 Each Side)	
Jump Rope	55	
Straight Leg Sit Ups	16	

SATURDAY

40 Minute Walk

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

SUNDAY

Yoga Routine

TRACKING YOUR PROGRESS

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PULSE TONING

This week we're mixing things up! We're focusing on 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! Follow along video can be found on your Week Four Bikini Abs webpage.

MONDAY : PULSE TONE YOUR ARMS

Bicep Curl	x 8
Wide Bicep Curl	x 8
Wide Out Shoulder Raise	x 8
Swimmers	x 8
Hug It Out	x 8
Rotator Raises	x 8
Seal Clap (Change)	x 8
Seal Clap (Up)	x 8
Seal Clap Combo	x 8
Side Grip Row	x 8
Reverse Grip Row	x 8
Wide Grip Row	x 8
Tricep Kickback	x 8
Tricep Kickback Hold	8 Seconds
Tricep Hold & Pulse In	x 8
Tricep Hold & Pulse Up	x 8
Tricep Combo	x 8

TUESDAY

40 Minute Walk

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

WEDNESDAY : PULSE TONE YOUR ABS

Standard Crunch	x 8
Table Top Crunch	x 8
Right Side Twist	x 8
Left Side Twist	x 8
Legs Up Crunch	x 8
Single Toe Tap Crunch	x 8
Double Toe Tap Crunch	x 8
Flutter Kicks	x 8
Windshield Wipers	x 10
Right Side Plank Dips (Modified)	x 8
Right Thread The Needle	x 8
Left Side Plank Dip (Modified)	x 8
Left Thread The Needle	x 10
Plank Taps	x 10
Plank Hip Dip	x 10
Upward Facing Dog	30 secs
Alternating Super Woman	x 18

THURSDAY

Yoga Routine

FRIDAY : PULSE TONE YOUR LEGS AND BOOTY

LEFT SIDE

Side Glute Raise	x 5
Extended Side Glute Raise	x 5
Full Extension Side Glute Pulse	x 5
Single Leg Donkey Kick	x 5
Single Leg Donkey Kick Pulse	x 5
Extended Hamstring Curl	x 5
Extended Cross over	x 5

RIGHT SIDE

Side Glute Raise	x 5
Extended Side Glute Raise	x 5
Full Extension side Glute Pulse	x 5

Single Leg Donkey Kick	x 5
Single Leg Donkey Kick Pulse	x 5
Extended Hamstring Curl	x 5
Extended Cross over	x 5

BOOTY SERIES

Glute Bridge	x 8
Glute Bridge Pulse	x 8
Wide Glute Bridge	x 8
Wide Glute Bridge Pulse	x 8
Narrow Stance Glute Bridge	x 8
Narrow Stance Glute Pulse	x 8
Narrow Bridge Swing	x 10

THIGH SERIES

Wide Leg Squat Plie With 3 pulses	x 8
Left Leg Curtsy Squat With Leg Lift	x 8
Left Leg Curtsy Squat With Pulse	x 8
Right Leg Curtsy Squat With Leg Lift	x 8
Right Leg Curtsy Squat With Pulse	x 8

SATURDAY

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

SUNDAY

Yoga Routine

TRACKING YOUR PROGRESS

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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. It should take 34 minutes to complete these circuits.*

MONDAY : LEGS

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)	
VSit	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	
VSit	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 1 or 2

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 along the way 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.



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. It should take 34 minutes to complete these circuits.*

MONDAY : LEGS

Circuit 1	Reps	Time
Step Ups (w/ Knee Raise)	28 (14 Each Side)	8:00 Minutes
Jump Squats	15	
Squats	15	
Walking Lunges (w/ 13 Lb Weight)	20 (10 Each Side)	
Circuit 2		
Dumbbell Squat Press (w/ 13 Lb Weight)	15	8:00 Minutes
Step Ups (w/ Knee Raise + 13 Lb Weight)	28 (14 Each Side)	
Burpees	11	
Toe Touch Squat Jump	16 (8 Each Side)	

TUESDAY

40 Minutes of Cardio (20 Minutes of Running Followed by 20 Minutes of Walking)

WEDNESDAY : ABS + ARMS

Circuit 1	Reps	Time
Locust Push Up	16	8:00 Minutes
Tricep Dips	16	
Dumbbell Squat Press (w/ 13 Lb Weight)	15	
Pushup (Modified)	16	
Circuit 2		
Straight Leg Sit Ups	17	8:00 Minutes
Mountain Climbers	40 (20 Each Side)	
Bicycle Crunch	40 (20 Each Side)	
Straight Leg Sit Ups (w/ Side Twist)	28 (14 Each Side)	

THURSDAY

Yoga Routine 1 or 2

FRIDAY : TOTAL BODY

Circuit 1	Reps	Time
Walking Lunges (w/ 13 Lb Weight)	20 (10 Each Side)	8:00 Minutes
Dumbbell Squat Press (w/ 13 Lb Weight) 15		
Step Ups (w/ Knee Raise)	28 (14 Each Side)	
Bicycle Crunch	40 (20 Each Side)	

Circuit 2	Reps	Time
Burpees	11	8:00 Minutes
Step Ups (w/ Knee Raise + 13 Lb Weight)	28 (14 Each Side)	
V-Sit	15	
Pushup (Modified)	16	

SATURDAY

50 Minute Walk

- +40 Second Side Plank
- +40 Second (Other) Side Plank
- +40 Second Front Plank

SUNDAY

Yoga Routine 1 or 2



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. It should take 34 minutes to complete these circuits.*

MONDAY : LEGS

Circuit 1	Reps	Time
Dumbbell Squat Press (w/ 13 Lb Weight)	15	8:00 Minutes
Burpees	12	
Step Ups (w/ 7 Lb Weight, Each Hand)	28 (14 Each Side)	
Toe Touch Squat Jump	16 (8 Each Side)	
Circuit 2		
Step Ups (w/ Knee Raise)	28 (14 Each Side)	8:00 Minutes
Jump Squats	16	
Walking Lunges (w 13 Lb Weight)	28 (14 Each Side)	
Squat	15	

TUESDAY

50 Minutes of Cardio (23 Minutes of Running Followed by 23 Minutes of Walking)

WEDNESDAY : ABS + ARMS

Circuit 1	Reps	Time
Bicycle Crunch	40 (20 Each Side)	8:00 Minutes
Straight Leg Sit Ups	17	
Mountain Climbers	40 (20 Each Side)	
Straight Leg Sit Ups (w/ Side Twist)	28 (14 Each Side)	
Circuit 2		
Tricep Dips	17	8:00 Minutes
Locust Push Up	16	
Dumbbell Squat Press (w/ 13 Lb Weight)	17	
Pushup (Regular)	5	

THURSDAY

Yoga Routine 1 or 2

FRIDAY : TOTAL BODY

Circuit 1	Reps	Time
Burpees	12	8:00 Minutes
Step Ups (w/ 7 Lb Weight Each Hand)	28 (14 Each Side)	
Pushup (Regular)	5	
Straight Leg Sit Ups	17	
Circuit 2	Reps	Time
Walking Lunges (w 13 Lb Weight)	28 (14 Each Side)	8:00 Minutes
Step Ups (w/ Knee Raise)	28 (14 Each Side)	
Bicycle Crunch	40 (20 Each Side)	
Jumping Jacks	85	

SATURDAY

50 Minute Walk

- +40 Second Side Plank
- +40 Second (Other) Side Plank
- +40 Second Front Plank

SUNDAY

Yoga Routine 1 or 2



PULSE TONING

This week we're mixing things up! We're focusing on Pulse Toning. This will work different muscles than we've been working the last 7 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 : PULSE TONE YOUR ARMS

REPEAT 4 TIMES

Bicep Curl	x 8
Wide Bicep Curl	x 8
Wide Out Shoulder Raise	x 8
Swimmers	x 8
Hug It Out	x 8
Rotator Raises	x 8
Seal Clap (Change)	x 8
Seal Clap (Up)	x 8
Seal Clap Combo	x 8
Side Grip Row	x 8
Reverse Grip Row	x 8
Wide Grip Row	x 8
Tricep Kickback	x 8
Tricep Kickback Hold	8 Seconds
Tricep Hold & Pulse In	x 8
Tricep Hold & Pulse Up	x 8
Tricep Combo	x 8

TUESDAY

40 Minute Walk

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

WEDNESDAY : PULSE TONE YOUR ABS

REPEAT 4 TIMES

Standard Crunch	x 8
Table Top Crunch	x 8
Right Side Twist	x 8
Left Side Twist	x 8
Legs Up Crunch	x 8
Single Toe Tap Crunch	x 8
Double Toe Tap Crunch	x 8
Flutter Kicks	x 8
Windshield Wipers	x 10
Right Side Plank Dips (Modified)	x 8
Right Thread The Needle	x 8
Left Side Plank Dip (Modified)	x 8
Left Thread The Needle	x 10
Plank Taps	x 10
Plank Hip Dip	x 10
Upward Facing Dog	30 secs
Alternating Super Woman	x 18

THURSDAY

Yoga Routine

FRIDAY : PULSE TONE YOUR LEGS AND BOOTY

REPEAT 4 TIMES

LEFT SIDE

Side Glute Raise	x 5
Extended Side Glute Raise	x 5
Full Extension Side Glute Pulse	x 5
Single Leg Donkey Kick	x 5
Single Leg Donkey Kick Pulse	x 5
Extended Hamstring Curl	x 5
Extended Cross over	x 5

RIGHT SIDE

Side Glute Raise	x 5
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Extended Side Glute Raise x 5
Full Extension side Glute Pulse x 5
Single Leg Donkey Kick x 5
Single Leg Donkey Kick Pulse x 5
Extended Hamstring Curl x 5
Extended Cross over x 5

BOOTY SERIES

Glute Bridge x 8
Glute Bridge Pulse x 8
Wide Glute Bridge x 8
Wide Glute Bridge Pulse x 8
Narrow Stance Glute Bridge x 8
Narrow Stance Glute Pulse x 8
Narrow Bridge Swing x 10

THIGH SERIES

Wide Leg Squat Plie With 3 pulses x 8
Left Leg Curtsy Squat With Leg Lift x 8
Left Leg Curtsy Squat With Pulse x 8
Right Leg Curtsy Squat With Leg Lift x 8
Right Leg Curtsy Squat With Pulse x 8

SATURDAY

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

SUNDAY

Yoga Routine

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