

8 WEEK BIKINI BODY ABS: FITNESS SCHEDULE

WEEK 3

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 per 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

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! 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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