

Steph **Hendel**

8 WEEK BIKINI BODY ABS

FITNESS SCHEDULE

WEEK 4

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!

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

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.

WWW.STEPHENDEL.COM