

Steph **Hendel**

8 WEEK BIKINI BODY ABS: FITNESS SCHEDULE

WEEK 6

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	
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

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.

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