

Steph **Hendel**

# 8 WEEK BIKINI BODY ABS: FITNESS SCHEDULE

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## WEEK 7

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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
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
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)	
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

## 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](mailto:thefitandfearless@gmail.com).

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