

A close-up photograph of a woman's torso and arms. She is wearing a teal, ribbed, scoop-neck tank top and white shorts. The word "VSX" is visible on the waistband of her shorts. She is holding a silver dumbbell in her right hand, which has a black weight plate labeled "4KG".

weeks 13-24

**bikini
BODY
*guide 2.0***

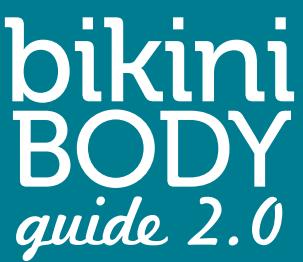
kayla
ITSINES

Exclusively for kaz_evans@hotmail.com / #0002822859

Table of Contents

1. Product Disclosure.....	4
2. About the Authors.....	5
3. Introduction.....	8
4. Your Weekly Workouts.....	9
5. Tracking Your Progress.....	14
• Progress Photos.....	15
6. Equipment & Substitutions....	16
7. Workouts.....	17
• Symbols.....	19
• Circuits.....	25
8. Rehabilitation.....	79
• Stretching Routines.....	81
• Foam Rolling Routines.....	83
9. Education.....	85
• Cardio.....	87
• Resistance Training.....	90
• Stretching.....	90
• Foam Rolling.....	92
• Posture.....	93
12. Exercise Glossary.....	96
• Circuits.....	97
• Stretching.....	178
• Foam Rolling.....	191
13. Final Remarks.....	199





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Product Disclosure

The content in this book is written by Kayla Itsines and Fresh Fitness. The information is designed to help individuals within the specified market progress towards their health and fitness goals. It is not specifically tailored to suit any injuries, health problems or any other problems that could be aggravated with low, moderate or high intensity physical exercise. If you are an individual with such problems please seek the help of GP, personal trainer or similar health professional.

The materials and content contained in “Kayla Itsines Healthy Bikini Body Guide” are for general health improvement recommendations only and are not intended to be a substitute for professional medical advice, diagnosis or treatment. Although in depth information and specific exercises are given, users of this specific program should not rely exclusively on information provided in this program for their own health needs as it is branded as a set of “guidelines” aimed at a broad spectrum audience (market specified in introduction). All specific medical questions should be presented to your own health care professional.

“Kayla Itsines Healthy Bikini Body Guide” is not written to promote poor body image or extreme training regimes. As the referenced information provided, the entirety of the training recommendations as well as the educational resources provided are clinically proven and referenced, The Bikini Body Training Company

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ABOUT THE AUTHORS

Kayla Itsines

Director

The Bikini Body Training Company Pty Ltd

I began my study in 2008 at the *Australian Institute of Fitness*. Upon completing the AIF Master Trainer course, I began working at a female-only personal training centre in Adelaide, South Australia. Soon after, I started my own business called *The Bikini Body Training Company Pty. Ltd.* and from there it began! After such an amazing response to my business in the first 6 months, I began to build an online presence via Instagram and Facebook that essentially became my blog.

This is where I started to upload client transformations, healthy eating ideas and some training tips for all the women I couldn't reach around the world. In 2012, I also teamed up with my partner's company, *Fresh Fitness Solutions* (founded in 2011), so we could run bootcamps in order to service more women who wanted our help.

It is now 2014 and we pride ourselves on our bikini body training, helpful nutrition guidelines and most importantly, continuing to help our clients achieve incredible, life-changing results. Together, we hope to continue bringing life-changing experiences to more and more women around the world! Including YOU!

Tobi Pearce

Owner

Fresh Fitness Solutions

After winning my first natural bodybuilding competition in 2011 (WNBF Light-Heavyweight Division), I decided to study personal training at the *Australian Institute of Fitness*. This was secondary study to a double degree in Business and Commerce I had recently been studying. Competing in bodybuilding at a competitive level made me realise my underlying passion for the health and fitness industry.

My transformation from the 60kg classical musician in high school to a 102kg bodybuilder was hugely motivating for not only myself, but as I soon learned, my clients and many others too. I used to be under the impression that success with sport, music and education were most valuable to me.

The amount of knowledge I gained and applied to achieve my goals in natural bodybuilding became hugely beneficial when coaching my first few clients. However, I quickly realised that the success of my clients was much more fulfilling and motivating than my own. As my passion for client results grew, I realised that together with my beautiful partner, Kayla Itsines, we could have a positive impact on more women's lives.

Introduction

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Welcome to my Bikini Body Training Guide 2.0!

This new guide has been written for girls who have already completed my **Bikini Body Training Guide** and are looking to continue their training but at a more **ADVANCED** level.

Like the Bikini Body Training Guide, this guide will provide you with a step-by-step, progressive exercise training program that is spread over twelve weeks - from Weeks 13-24. It includes information about both resistance and cardio training as well as rehabilitation.



Content Breakdown:

1. 12 MORE weeks of bikini body training from Weeks 13-24.
2. More ADVANCED exercises and sequences
3. EXPANDED education section, including foam rolling and posture awareness
4. Progress tracking recommendations
5. MORE exercise options, including how to make exercises harder or easier
6. ADDITIONAL challenges every few weeks to keep you motivated and help you keep track of your progress

ALL of this in a NEW, improved, easy to read layout!

xxoo
Kayla

Your Weekly Workouts

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Like my first Bikini Body Training Guide, you will be performing three of my recommended styles of training:

- Resistance Training
- Cardio Training
- Rehabilitation (Stretching and Foam Rolling)

Resistance Training

The circuits that I have provided in this guide will form your weekly resistance training requirements. Inside the circuit workouts is a mix of plyometric (jump), body weight and hypertrophy (muscle and strength building) training. I choose to use a combination of these styles of training because, in my experience, you should always include multiple styles of training to help cover all aspects of your body.

More information about resistance training can be found on page 90.

Collectively, these styles of training:

- are fun, high intensity forms of exercise;
- burn lots of calories;
- promote large positive hormonal response;
- are fantastic for fitness;
- challenge both the mind and body.

You will see that the exercises used in this guide are very similar to those used in my first *Bikini Body Training Guide*. Not only have I made some of these exercises more challenging by adding weights in the form of dumbbells, barbells, kettlebells or medicine balls, I've also included some more ADVANCED exercises. Throughout Weeks 13-24, you will also see that I have provided you with more options to help you make the exercises harder (by adding weights) or easier (through the removal of weights). Please refer to the symbols listed on pages 19-21 to help you with this.

I've also added challenges every few weeks which can be used to compliment your resistance training. Upon completing this guide, you can also use these challenges as a way of measuring your progress in addition to your progress photos.

YOUR WEEKLY WORKOUTS

Circuits

Like my first *Bikini Body Training Guide*, the majority of these circuits will consist of 7-minute circuits with 4 exercises in each. The rep ranges will vary depending on the exercise and how far into the program you are.

Each workout will consist of two rounds of two different circuits. In each circuit, you will need to repeat the 4 given exercises as *many times as you can* within 7 minutes. Do your best to exercise for the entire 7 minutes, only resting when the timer goes off.

In between each circuit, take 30-90 seconds to rest. Drink water between rounds as you feel necessary, but not too much, as this may make you feel sick. I recommend alternating between the two circuits. See page 23 for my recommended workout structure.

Cardio Training

During these twelve weeks, you will perform two different styles of cardio: LISS (low intensity steady state) or HIIT (high intensity interval training). The number of sessions that you will complete will vary

depending on how far into the program you are.

LISS stands for Low Intensity Steady State. This can be used to define exercise types such as walking. Walking is a low intensity exercise during which you stay at the same pace for the entire time. LISS, therefore, is any moderate or long duration cardiovascular exercise that maintains that same duration throughout.

Here are some examples of what you could do to complete your LISS workout:

- 35-45 minutes of walking (approximately 6.0-6.4kmph);
- 35-45 minutes of low-resistance cycling;
- 35-45 minutes on the cross-trainer at the same speed as a fast-paced walk.

HIIT stands for High Intensity Interval Training. Interval training consists of two periods, typically called the ‘rest’ and ‘work’ periods. The intervals that YOU will be using are a 30:30 set-up. This means you will sprint at 90-100% capacity (approx. 12-17kmph) for 30 seconds and

YOUR WEEKLY WORKOUTS

then be at a stand still (or slow walk) for 30 seconds, and repeat. Typically, this is done on a treadmill or bike in a gym.

When using a treadmill, I recommend jumping your feet onto the sides for the rest period and jump back on for your work period rather than changing the pace continuously. Take care when returning to the treadmill. Ensure that you stabilise your body by firmly holding onto the handles as it will be going very fast!

Here are some examples of what you could do to complete your HIIT workout:

- 10-15 minutes of interval sprints on the treadmill, rower or bike.
- 10-15 minutes of interval sprints on any flat, stable outdoor surface (e.g. grass).

More information about LISS and HIIT can be found on pages 87-90.

Rehabilitation

As most of you would know, stretching is a great way to relax. It also plays a large role in recovery, injury prevention and, of course, flexibility. In addition to stretching after each workout, I recommended that you complete at least one rehabilitation session every week. This will involve both stretching AND foam rolling. More information about the importance of rehabilitation can be found on pages 90-95.



YOUR WEEKLY WORKOUTS

Structuring Your Weekly Workouts

In the workouts section, you will see that I have divided this guide into three training blocks: Weeks 13-16, 17-20 and 21-24. To assist you with your training, I have provided you with a weekly timetable on page 13 to help you arrange your workouts every week. However, I will point out that this is an example only as I understand that everyone's lifestyle and commitments are different. Should you choose to create your own weekly schedule, please ensure that you follow these recommendations:

DO NOT perform resistance training and HIIT training on the same day.

Doing LISS and resistance training on the same day is okay, but **DO NOT** do them as one session. Split them up into morning / night.

DO NOT do more than 2 sessions of resistance or cardio training (approx. 60-70 minutes of exercise) per day.

Rehabilitation is not of the same intensity as other training and can be done after any other session of exercise (resistance, LISS or HIIT).

Please ensure that you read the EDUCATION section (pages 86-95) prior to commencing this guide.

Weekly Timetable Examples

.....

Weeks 13 - 16

MON	TUE	WED	THU	FRI	SAT	SUN
RESISTANCE (LEGS)	REHAB	RESISTANCE (ARMS)	LISS	RESISTANCE (ABS)	REST DAY	RESISTANCE OR HIIT & REHAB (OPTIONAL)

Weeks 17 - 20

MON	TUE	WED	THU	FRI	SAT	SUN
RESISTANCE (LEGS)	LISS & REHAB	RESISTANCE (ARMS)	LISS	RESISTANCE (ABS)	REST DAY	RESISTANCE OR HIIT & REHAB (OPTIONAL)

Weeks 21 - 24

MON	TUE	WED	THU	FRI	SAT	SUN
RESISTANCE (LEGS)	LISS	RESISTANCE (ARMS)	HIIT & REHAB	RESISTANCE (ABS)	REST DAY	RESISTANCE OR HIIT & REHAB (OPTIONAL)

Tracking Your Progress

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Throughout this training program, you will be using two methods to track your progress. It is very important that you do this consistently using the guidelines that I have provided below:

During these twelve weeks, progress photos will be your primary form of measurement and your body weight will be the secondary. Although you will be tracking your weight, you should focus your attention on the changes in your photos. This is because some changes may not be visible on the scales, but may be VERY visible in the mirror (particularly if you have a moderate or light starting weight). Without visible record of your progress, it is very easy to lose motivation.

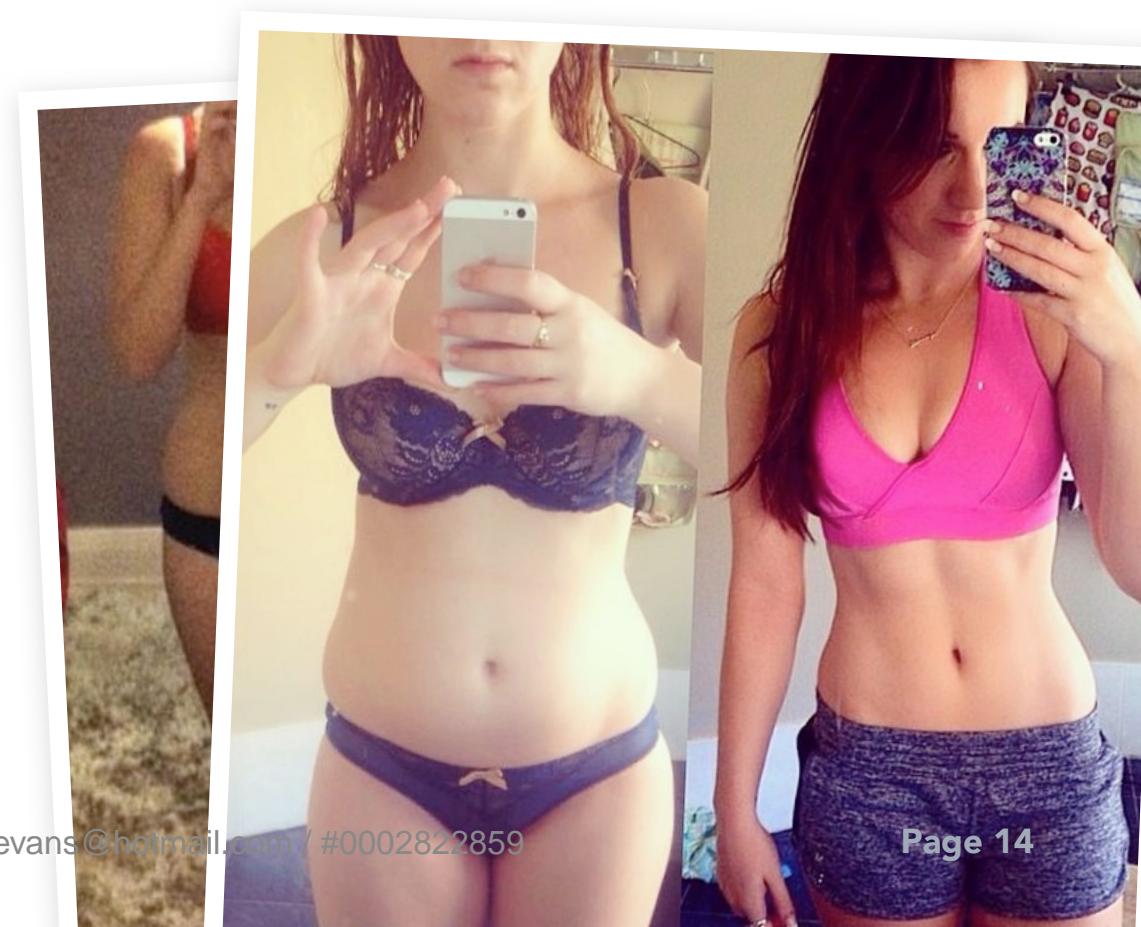
When measuring your progress, it is important that you take photos or weigh yourself in similar situation each time. This means that your results will not be influenced by

factors, such as whether or not you have eaten.

You should be measuring your progress:

- On the same **day** each week
- At the same **time**
- Wearing the same **clothes**
- Using the same **scales** (when weighing yourself).

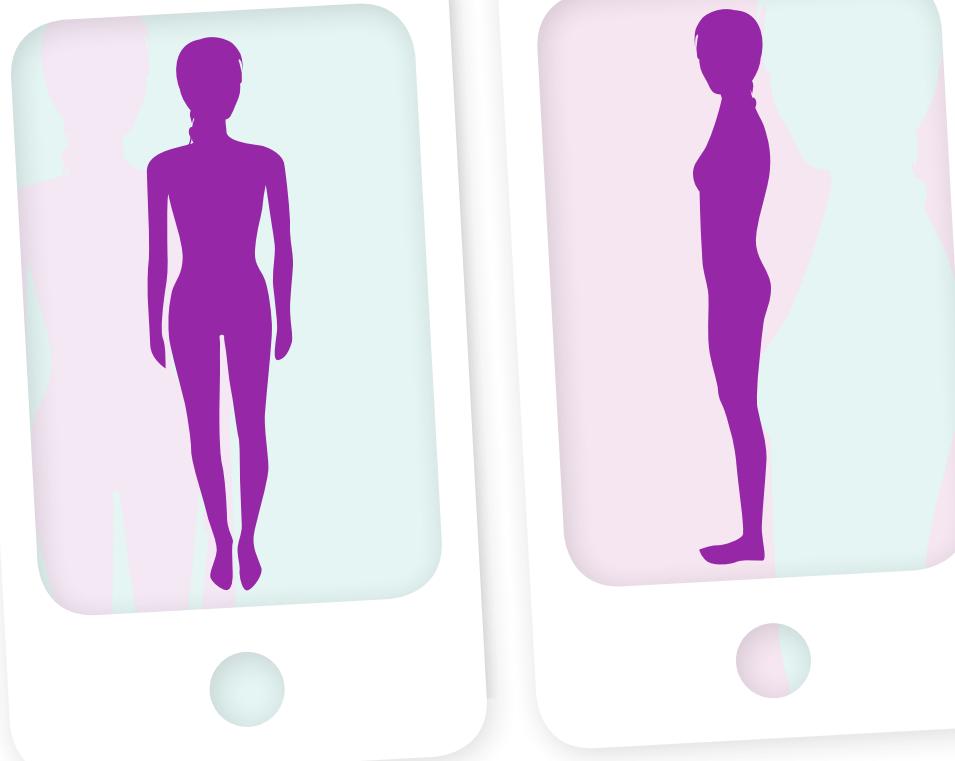
I suggest that you weigh yourself every fourth Monday morning as soon as you get up - don't worry, I have set you reminders in your weekly workouts! Try not to do this everyday as this helps to avoid disappointment with small day-to-day changes (which are perfectly normal!).



TRACKING YOUR PROGRESS

Progress Photos

Here are some tips to ensure that you are taking the best progress photos throughout your transformation:



- Take your 'before' photos prior to starting my program
- **DO NOT** delete any of the photos you take
- Set a reminder in your phone/ calendar every four weeks to retake your photos
- Make sure you always take the photo in the same circumstances (i.e. your bedroom, wardrobe mirror, 6AM, Monday)
- Make sure your photos are full length body shots
- Ensure you have **both** 1 front view and 1 side view (take as many others as you like).
- Keep your feet together (ankles touching).
- Keep your hands slightly away from body.
- Assume a natural relaxed stance, NOT posing.
- Ensure the camera is away from your face.
- Wear a crop top or bra & underwear or shorts.
- Take the image on the same angle (vertical and horizontal position)

At the end of every four weeks, you will see that I have written a reminder in your weekly workouts to take a progress photo.

I love seeing your progress, so please feel free to TAG me in your photos via my social media pages with @kayla_itsines or #kaylaitsines. You can also email your progress photos to me at sales@kaylaitsines.com.au

Equipment

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The beauty of my training is that it can be done from a gym, outside or in the privacy of your own home. Before you get started, you will need a few things! I understand that not everybody has access to a gym or can afford equipment. This is why I have included a list of substitute equipment. Please be careful when selecting substitute items, ensuring they are safe and secure.

EQUIPMENT

- Barbell*
- Dumbbells*
- Kettlebell (8-15kg)
- Medicine Ball (6-12kg)
- Flat Bench (30cm+)
- Skipping Rope

*refer to workouts for recommended weight range

SUBSTITUTES

Barbells - dumbbells can be used instead or you can perform the exercise with no added weight. Ensure that you hold one dumbbell in each hand and keep them by your sides NOT on the back of your neck.

Dumbbells - two safe, heavy objects that you can grip comfortably.

Kettlebells - one large dumbbell (8-15kg) can be used instead.

Medicine ball - dumbbells can be used instead.

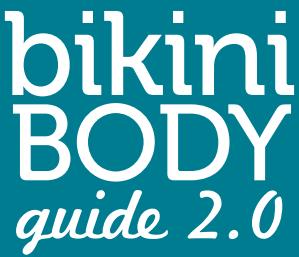
Flat Bench - any flat, stable and safe surface such as a chair, ledge, park bench etc.

Skipping rope - There is no substitute for a skipping rope however, you could always do "air skips" if you are space restricted.



A woman with long brown hair tied back in a ponytail is performing a side lunge stretch on a rocky, coastal cliff. She is wearing a purple sports bra, grey shorts, and orange and purple running shoes. Her left leg is bent at the knee, with her foot resting against her right thigh. Her hands are on her hips. In the background, there are more rocky cliffs and a body of water under a clear sky.

WORKOUTS



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Symbols

In the workout section of this guide, I have used the following symbols:

Stop Watch

Plank  1 MIN



This symbol indicates that the exercise is time-based, rather than repetition-based. You will need to perform the exercise continuously during the designated time provided. Refer to the box to the right of the exercise name for the length of time that you will need to perform the exercise (e.g. 1 MIN).

Barbell

This symbol indicates that a barbell is required or may be added. The numbers directly next to the barbell indicates the recommended weight range. Refer to the exercise within the glossary for cues on how safely pick up the barbell.



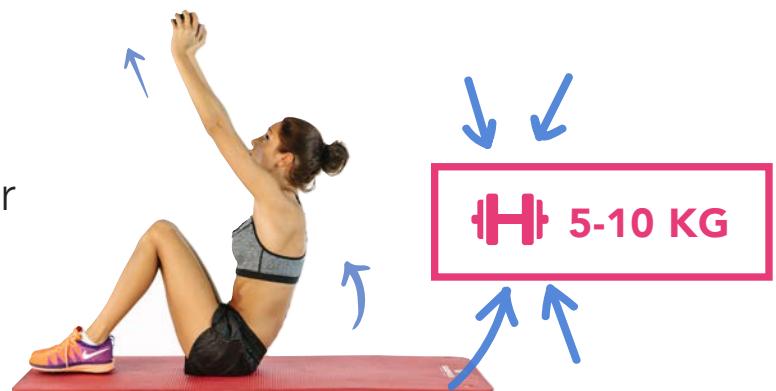
 10-20 KG



Symbols

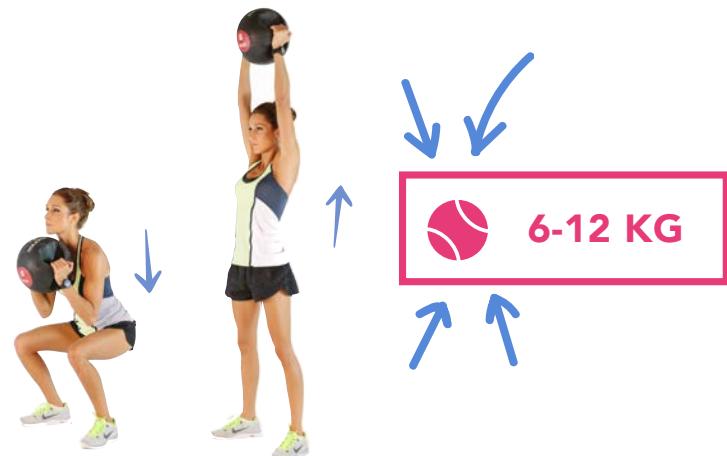
Dumbbell

This symbol indicates that dumbbells are required or may be added. The numbers directly next to it indicate the recommended weight range. This refers to weight of EACH dumbbell.



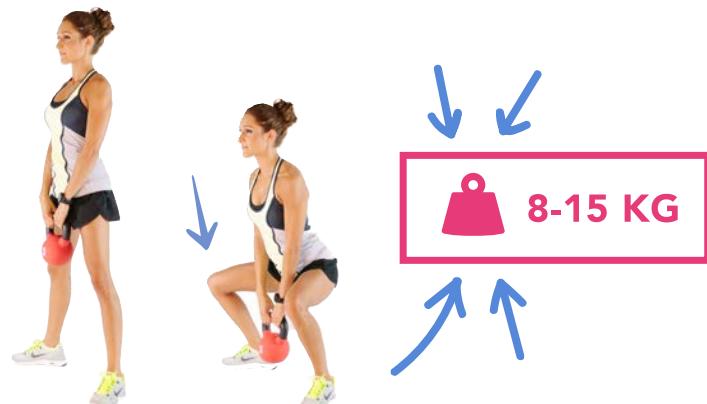
Medicine Ball

This symbol indicates that a medicine ball is required. The numbers directly next to it indicate the recommended weight range.



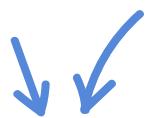
Kettlebell

This symbol indicates that a kettlebell is required. The numbers directly next to it indicate the recommended weight range.



Symbols

Pulse



Double Pulse Squat Jumps

↑↓ 20 REPS



This symbol indicates a 'pulse'. Pulse exercises allow you to keep a muscle under constant tension by limiting motion to the bottom half the movement.

This can be explained using a squat pulse as an example. Once at the bottom of a normal squat, you push up through your heels and extend your knees *slightly* to come up halfway, then immediately lower back into a full squat. You then finish the movement by returning to a neutral standing position. This describes a squat with ONE pulse. This concept is applied to a number of exercises within the guide, including jump squats, jump lunges, tricep dips, box jumps. *Refer to the exercise name for the number of pulses required.*



Regression



Barbell Close Squat

↔ 15 REPS



This symbol indicates that a less difficult alternative is provided in the exercise glossary. *Refer to the exercise within the glossary for cues.*



Photo Reminder!

I love seeing your progress, so please feel free to TAG me in your photos via my social media pages with @kayla_itsines or #kaylaitsines.

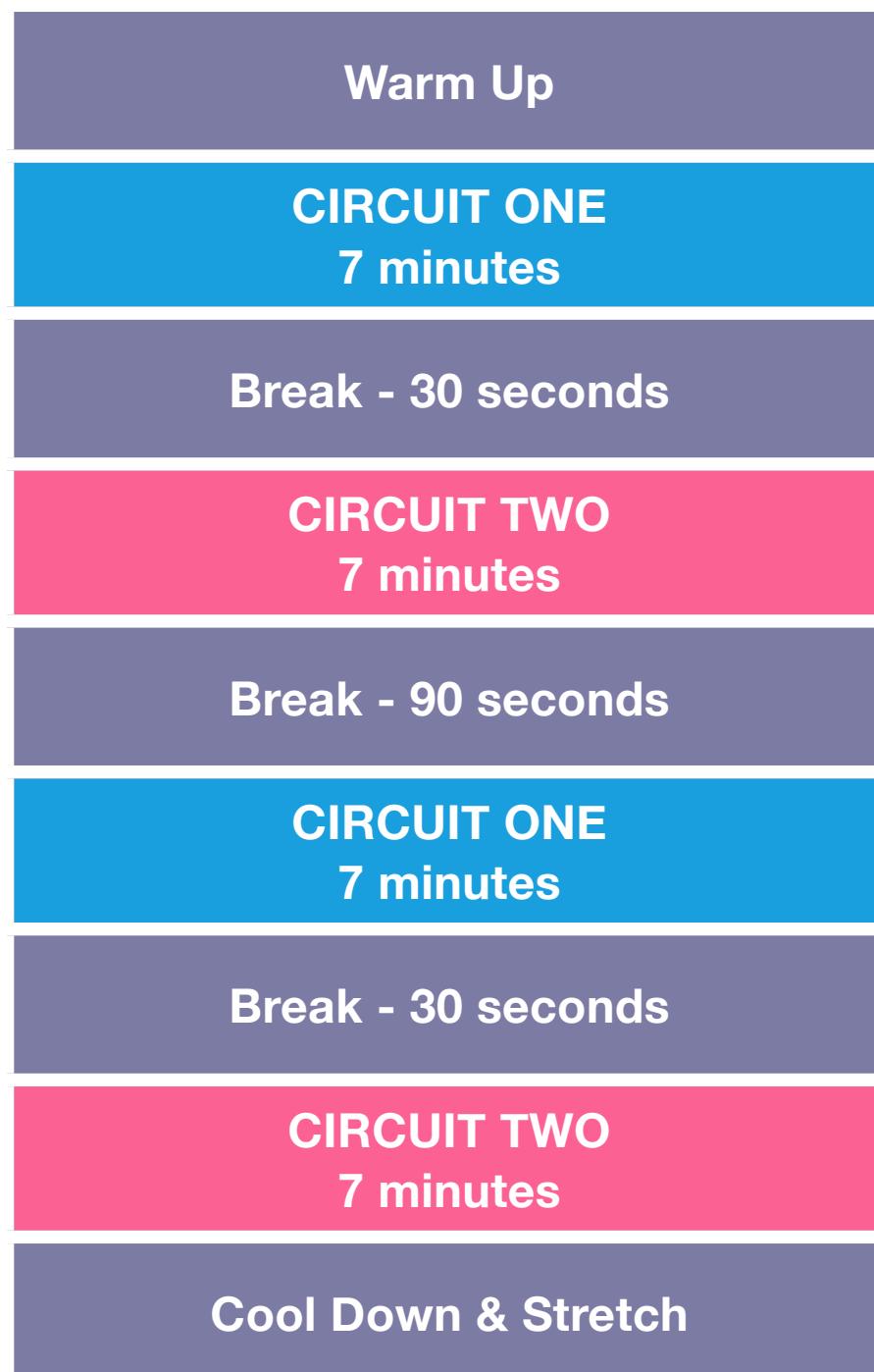
You can also email your progress photos to me at
sales@kaylaitsines.com.au



HOW TO DO THE WORKOUTS

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- Each workout consists of two different circuits repeated twice each.
- In each circuit, you will need to repeat the 4 given exercises as many times as possible within 7 minutes. You stop when the timer stops!
- Take 30-90 seconds rest between circuits.
- Alternate between circuits.



CHECKLIST

Equipment
(refer to workouts)

Water Bottle

Sweat Towel

Yoga Mat

Music

LET'S GO!

Week 13 Monday

LEGS

Circuit One

2x7min

Broad Jumps

15 REPS



Weighted Step Ups

30 REPS
15 PER SIDE

5-10 KG



Skipping

50 REPS



Weighted Stationary Lunges

30 REPS
15 PER SIDE

5-10 KG



Circuit Two

2x7min

Barbell Close Squat

15 REPS



10-20 KG

Jump Squats

15 REPS



Walking Lunges

30 REPS
15 PER SIDE



5-10 KG

Skipping

100 REPS



Cool Down - Lower Body Stretch Routine (see page 81)

Week 13 Tuesday - REHABILITATION (see pages 80-84)

Week 13 Wednesday

ARMS

Circuit One

2x7min

Push Ups

15 REPS



Circuit Two

2x7min

Mountain Climbers

30 REPS
15 PER SIDE



Side Raises

15 REPS



2-4 KG

Medicine Ball Squat & Press

15 REPS



6-12 KG

Tricep Dips

15 REPS



50 REPS

Weighted Bent Leg Jackknives

20 REPS



5-10 KG

Lay Down Push Ups

15 REPS



Cool Down - Upper Body Stretch Routine (see page 82)

Week 13 Thursday - LISS (35-45 mins)

Week 13 Friday

ABS

Circuit One

2x7min

Ab Bikes

40 REPS
20 PER SIDE



Snap Jumps

20 REPS



Circuit Two

2x7min

Side Crunches (On Side)

30 REPS
15 PER SIDE



X Mountain Climbers

40 REPS
20 PER SIDE



Toe Taps

30 REPS



5-10 KG

Weighted Bent Leg Jackknives

20 REPS



5-10 KG

Straight Leg Sit Up + Twist

30 REPS
15 PER SIDE



Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Week 13 Saturday - REST DAY

Personal Challenge



Your ONE MINUTE challenge!

Along with progress photos, personal challenges are amazing for both motivation and tracking your fitness. For this challenge, you are going to do each of these simple exercises for **ONE MINUTE** and take note of your results in your phone or on a piece of paper.

SET TIMER to 1 MINUTE!	
PUSH UPS	Perform these on your hands and toes. Your chest should be within a fist's distance from the ground in order for the rep to count.
SET TIMER to 1 MINUTE!	
STRAIGHT LEG SIT-UPS	While you are trying to do these as quickly as you can, make sure that you do not use your arms to swing yourself up. Your abs still need to do all of the work!
SET TIMER to 1 MINUTE!	
JUMP SQUATS	Make sure that you extend your hips as you jump up!
SET TIMER!	
PLANK	Set the timer and hold for as long as you can! Ensure that you maintain proper plank form throughout - if you feel as though your form is diminishing, stop!

Although it seems simple, you will be surprised at how much better and faster you get at these exercises!

Personal Challenge



Your ONE THOUSAND REP challenge!

Your second personal challenge is to complete the following 1000 rep challenge as fast as you can! You need to complete **30 REPS** of each of these exercises, unless stated otherwise. You don't have to complete the exercises in order, just as long as you finish the full 1000 reps! Set a timer and stop in once you have gone through EVERY exercise. You can take a break whenever you want but the timer **DOES NOT STOP!** Record your result in your phone or on a piece of paper.

SET TIMER

Burpees	Medicine Ball Squat and Press
Jump Lunges	Tricep Dips
Mountain Climber Push Ups	100 - Skipping
Toe Taps	Snap Jumps
100 - Ab Bikes	Reverse Lunge + Knee Lift
Tuck Jumps	Drop Push Ups
Sit Ups	Single Arm Squat and Press
X Hops	100 - X Mountain Climbers
Commandos	Split Jumps
100 - Mountain Climbers	Weighted Bent Leg Jackknives
Box Jumps	Jump Squats
Weighted Straight Leg Jackknives	Lay Down Push Ups

Week 14 Monday

LEGS

Circuit One

2x7min

Double Pulse Jump Squats

15 REPS



Split Jumps

30 REPS
15 OUT; 15 IN



Circuit Two

2x7min

Double Pulse Jump Lunges

30 REPS
15 PER SIDE



Barbell Close Squat

15 REPS



Reverse Lunge + Knee Lift

30 REPS
15 PER SIDE



Weighted Walking Lunges

30 REPS
15 PER SIDE



Barbell Sit Squats

15 REPS



Kettlebell Sumo Squat

15 REPS



Cool Down - Lower Body Stretch Routine (see page 81)

Week 14 Tuesday - REHABILITATION (see pages 80-84)

Week 14 Wednesday

ARMS

Circuit One

2x7min

Lay Down Snap Jumps

15 REPS



Push Ups

15 REPS

Circuit Two

2x7min

Snap Jumps

15 REPS



Double Pulse Tricep Dips

15 REPS

Split Jumps

30 REPS
15 OUT; 15 IN



Burpees + Push Up

15 REPS

Mountain Climbers

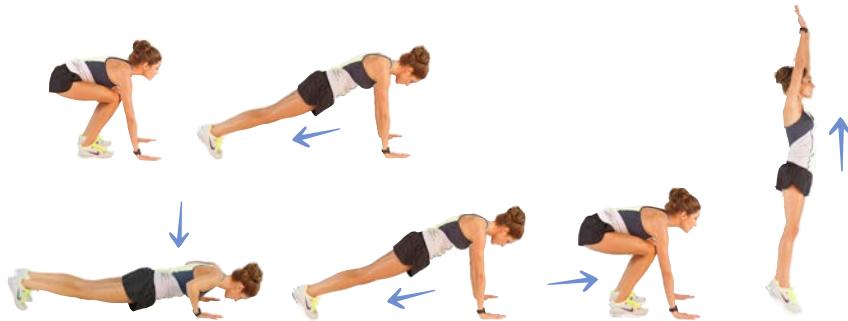
60 REPS
30 PER SIDE



Lay Down Push Ups

15 REPS

15 REPS



Cool Down - Upper Body Stretch Routine (see page 82)

Week 14 Thursday - LISS (35-45 mins)

Week 14 Friday

ABS

Circuit One

2x7min

Ab Bikes

50 REPS
25 PER SIDE



Toe Taps

20 REPS



30 REPS
15 PER SIDE

Circuit Two

2x7min

Side Crunches (On Back)

30 REPS
15 PER SIDE



Weighted Sit Ups

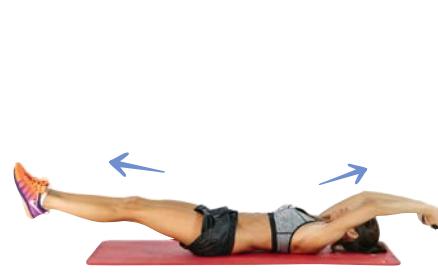
20 REPS



30 REPS

Weighted Straight Leg Jackknives

30 REPS



Mountain Climbers

50 REPS
25 PER SIDE

Skipping

50 REPS



Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Week 14 Saturday - REST DAY

Week 14 Sunday

FULL BODY (OPTIONAL)

Circuit One

2x7min

Split Jumps

30 REPS
15 OUT; 15 IN



Straight Leg Deadlifts

15 REPS



10-15 KG

Tricep Dips

15 REPS



Bent Over Reverse Fly

15 REPS



2-4 KG

Circuit Two

2x7min

Weighted Burpees

15 REPS

3-8 KG



Jump Lunges

30 REPS
15 PER SIDE



3-8 KG

Ab Bikes

60 REPS
30 PER SIDE



Lay Down Push Ups

15 REPS



Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Week 15 Monday

LEGS

Circuit One

2x7min

Broad Jumps

15 REPS



Weighted Step Ups

30 REPS
15 PER SIDE

5-10 KG



Skipping

50 REPS



Weighted Stationary Lunges

30 REPS
15 PER SIDE

5-10 KG



Circuit Two

2x7min

Barbell Close Squat

15 REPS



10-20 KG

Jump Squats

15 REPS



Walking Lunges

30 REPS
15 PER SIDE

5-10 KG



Skipping

100 REPS



Cool Down - Lower Body Stretch Routine (see page 81)

Week 15 Tuesday - REHABILITATION (see pages 80-84)

Week 15 Wednesday

ARMS

Circuit One

2x7min

Push Ups

15 REPS

Circuit Two

2x7min

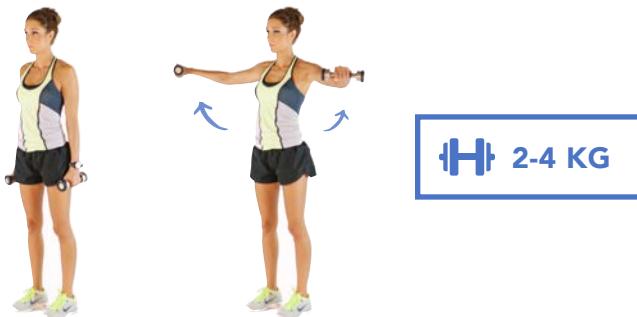
Mountain Climbers

30 REPS
15 PER SIDE



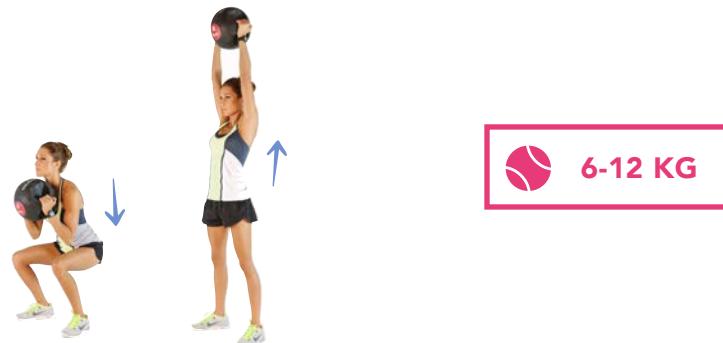
Side Raises

15 REPS



Medicine Ball Squat & Press

15 REPS



Tricep Dips

15 REPS



Skipping

50 REPS



Weighted Bent Leg Jackknives

20 REPS



Lay Down Push Ups

15 REPS



Cool Down - Upper Body Stretch Routine (see page 82)

Week 15 Thursday - LISS (35-45 mins)

Week 15 Friday

ABS

Circuit One

2x7min

Ab Bikes

40 REPS
20 PER SIDE



Snap Jumps

20 REPS



Circuit Two

2x7min

Side Crunches (On Side)

30 REPS
15 PER SIDE



X Mountain Climbers

40 REPS
20 PER SIDE



Skipping

50 REPS



Weighted Bent Leg Jackknives

20 REPS



5-10 KG

Toe Taps

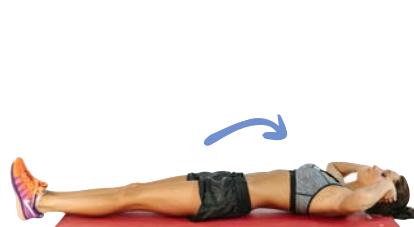
30 REPS



5-10 KG

Straight Leg Sit Up + Twist

30 REPS
15 PER SIDE



Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Week 15 Saturday - REST DAY

The Countdown Challenge

**Split Squats
(with bench)**



**Snap Push Ups
(with bench)**



Alternate between the two exercises shown and **decrease** by one rep each round.

Record your result on your phone or on a piece of paper.

Start Timer!		
10 REPS	Split Squats	Snap Push Ups
9 REPS	Split Squats	Snap Push Ups
8 REPS	Split Squats	Snap Push Ups
7 REPS	Split Squats	Snap Push Ups
6 REPS	Split Squats	Snap Push Ups
5 REPS	Split Squats	Snap Push Ups
4 REPS	Split Squats	Snap Push Ups
3 REPS	Split Squats	Snap Push Ups
2 REPS	Split Squats	Snap Push Ups
1 REPS	Split Squats	Snap Push Ups
End Timer!		

Week 16 Monday

LEGS

Circuit One

2x7min

Double Pulse Jump Squats

↑↓ 15 REPS



Split Jumps

30 REPS
15 OUT; 15 IN



Circuit Two

2x7min

Double Pulse Jump Lunges

↑↓ 30 REPS
15 PER SIDE



Barbell Close Squat

15 REPS



Reverse Lunge + Knee Lift

30 REPS
15 PER SIDE



Weighted Walking Lunges

30 REPS
15 PER SIDE



Barbell Sit Squat

15 REPS



Kettlebell Sumo Squats

15 REPS



Cool Down - Lower Body Stretch Routine (see page 81)

Week 16 Tuesday - REHABILITATION (see pages 80-84)

Week 16 Wednesday

ARMS

Circuit One

2x7min

Lay Down Snap Jumps

15 REPS



Circuit Two

2x7min

Snap Jumps

15 REPS



Push Ups

15 REPS

Split Jumps

30 REPS
15 OUT; 15 IN



Double Pulse Tricep Dips

15 REPS



Mountain Climbers

60 REPS
30 PER SIDE

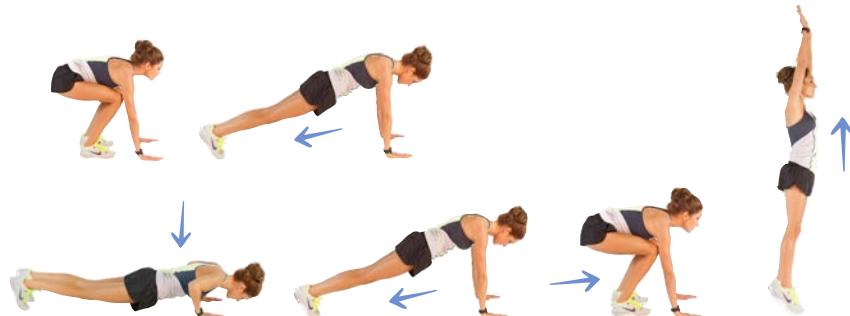


Burpees + Push Up

15 REPS

Lay Down Push Ups

15 REPS



Cool Down - Upper Body Stretch Routine (see page 82)

Week 4 Thursday - LISS (35-45 mins)

Week 16 Friday

ABS

Circuit One

2x7min

Ab Bikes

50 REPS
25 PER SIDE



Toe Taps

20 REPS



Weighted Sit Ups

20 REPS



Mountain Climbers

50 REPS
25 PER SIDE



Circuit Two

2x7min

Side Crunches (On Back)

30 REPS
15 PER SIDE



Weighted Bent Leg Jackknives

30 REPS



Weighted Straight Leg Jackknives

30 REPS



Skipping

50 REPS



Cool Down - Lower and Upper Body Stretch Routine (see page 81-82)

Week 16 Saturday - REST DAY

Week 16 Sunday

FULL BODY (OPTIONAL)

Circuit One

2x7min

Split Jumps

30 REPS
15 OUT; 15 IN



Straight Leg Deadlifts

15 REPS



Tricep Dips

15 REPS



Bent Over Reverse Fly

15 REPS

2-4 KG



Circuit Two

2x7min

Weighted Burpees

15 REPS

3-8 KG



Jump Lunges

30 REPS
15 PER SIDE



3-8 KG

Ab Bikes

60 REPS
30 PER SIDE



Lay Down Push Ups

15 REPS

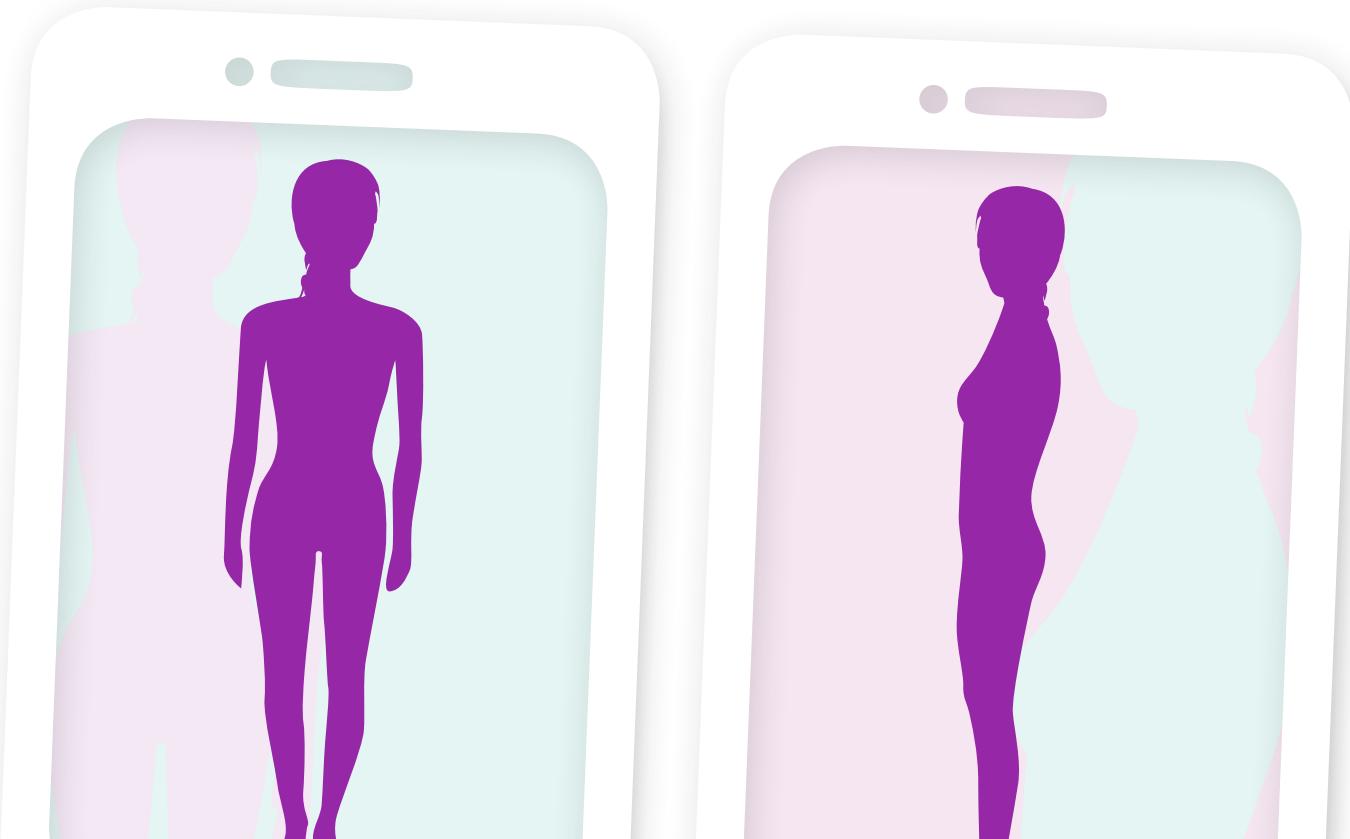


Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Photo Reminder!

I love seeing your progress, so please feel free to TAG me in your photos via my social media pages with @kayla_itsines or #kaylaitsines.

You can also email your progress photos to me at
sales@kaylaitsines.com.au



Week 17 Monday

LEGS

Circuit One

2x7min

Barbell Squat Pulse

↑↓ 30 REPS



10-20 KG

Jump Squats

15 REPS



Weighted Burpees

15 REPS

3-8 KG



3-8 KG

Circuit Two

2x7min

Medicine Ball Squat & Press

15 REPS



6-12 KG

Broad Jumps

15 REPS



Jump Lunges

30 REPS

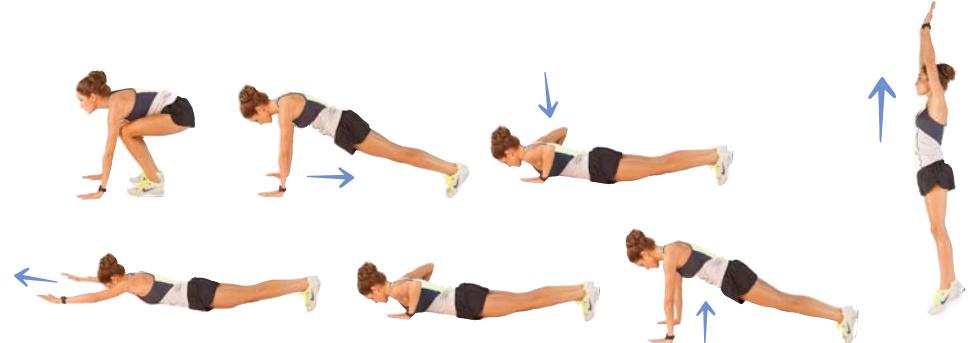
15 PER SIDE



3-8 KG

Lay Down Burpees

15 REPS



Cool Down - Lower Body Stretch Routine (see page 81)

Week 17 Tuesday - LISS (35 mins) + REHABILITATION (see pages 80-84)

Week 17 Wednesday

ARMS

Circuit One

2x7min

Drop Push Ups

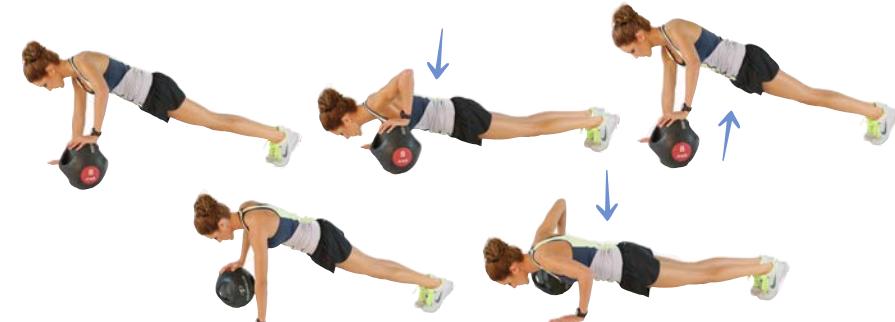
15 REPS

Circuit Two

2x7min

Medicine Ball Push Ups

20 REPS
10 PER SIDE



Commandos

20 REPS
10 PER SIDE

Snap Jumps

20 REPS



Dumbbell Squat & Press

15 REPS

Single Arm Squat & Press

20 REPS
10 PER SIDE



Tricep Dips

20 REPS

Decline Push Ups

10 REPS



Cool Down - Upper Body Stretch Routine (see page 82)

Week 17 Thursday - LISS (35-45 mins)

Week 17 Friday

ABS

Circuit One

2x7min

Weighted Sit Up

20 REPS



Weighted Russian Twist

40 REPS
20 PER SIDE



Split Jumps

40 REPS
20 OUT; 20 IN



Snap Jumps

20 REPS

Circuit Two

2x7min

Side Crunches (On Side)

40 REPS
20 PER SIDE



Side Crunches (On Back)

40 REPS
20 PER SIDE



Side Taps

40 REPS
20 PER SIDE



Mountain Climbers

60 REPS
30 PER SIDE



Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Week 17 Saturday - REST DAY

Personal Challenge



Your ONE MINUTE challenge!

Along with progress photos, personal challenges are amazing for both motivation and tracking your fitness. For this challenge, you are going to do each of these simple exercises for **ONE MINUTE** and take note of your results in your phone or on a piece of paper.

SET TIMER to 1 MINUTE!	
PUSH UPS	Perform these on your hands and toes. Your chest should be within a fist's distance from the ground in order for the rep to count.
SET TIMER to 1 MINUTE!	
STRAIGHT LEG SIT-UPS	While you are trying to do these as quickly as you can, make sure that you do not use your arms to swing yourself up. Your abs still need to do all of the work!
SET TIMER to 1 MINUTE!	
JUMP SQUATS	Make sure that you extend your hips as you jump up!
SET TIMER!	
PLANK	Set the timer and hold for as long as you can! Ensure that you maintain proper plank form throughout - if you feel as though your form is diminishing, stop!

Although it seems simple, you will be surprised at how much better and faster you get at these exercises!

Personal Challenge



Your ONE THOUSAND REP challenge!

Your second personal challenge is to complete the following 1000 rep challenge as fast as you can! You need to complete **30 REPS** of each of these exercises, unless stated otherwise. You don't have to complete the exercises in order, just as long as you finish the full 1000 reps! Set a timer and stop in once you have gone through EVERY exercise. You can take a break whenever you want but the timer **DOES NOT STOP!** Record your result in your phone or on a piece of paper.

SET TIMER

Burpees	Medicine Ball Squat and Press
Jump Lunges	Tricep Dips
Mountain Climber Push Ups	100 - Skipping
Toe Taps	Snap Jumps
100 - Ab Bikes	Reverse Lunge + Knee Lift
Tuck Jumps	Drop Push Ups
Sit Ups	Single Arm Squat and Press
X Hops	100 - X Mountain Climbers
Commandos	Split Jumps
100 - Mountain Climbers	Weighted Bent Leg Jackknives
Box Jumps	Jump Squats
Weighted Straight Leg Jackknives	Lay Down Push Ups

Week 18 Monday

LEGS

Circuit One

2x7min

Skipping

100 REPS



Barbell Sit Squat

20 REPS



10-20 KG

Kettlebell Sumo Squat

20 REPS



8-15 KG

X Hops

20 REPS



Circuit Two

2x7min

Burpees

15 REPS



30 REPS
15 PER SIDE

Jump Lunges



3-8 KG

Broad Jumps

30 REPS



30 REPS
15 PER SIDE

Medicine Ball Lunges +Twist

6-12 KG



Cool Down - Lower Body Stretch Routine (see page 81)

Week 18 Tuesday - LISS (35 mins) + REHABILITATION (see pages 80-84)

Week 18 Wednesday

ARMS

Circuit One

2x7min

Lay Down Snap Jumps

20 REPS



Double Pulse Tricep Dips

20 REPS



Weighted Straight Leg Jackknives

20 REPS



Split Jumps

40 REPS
20 OUT; 20 IN



Circuit Two

2x7min

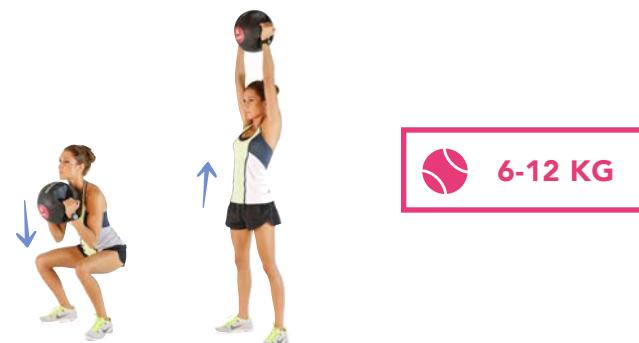
Decline Push Ups

15 REPS



Medicine Ball Squat & Press

20 REPS



Weighted Bent Leg Jackknives

20 REPS

Weighted Bent Leg Jackknives

20 REPS



Split Jumps

40 REPS
20 OUT; 20 IN

Weighted Burpees

15 REPS

3-8 KG



Cool Down - Upper Body Stretch Session (see page 82)

Week 18 Thursday - LISS (35-45 mins)

Week 18 Friday

ABS

Circuit One

2x7min

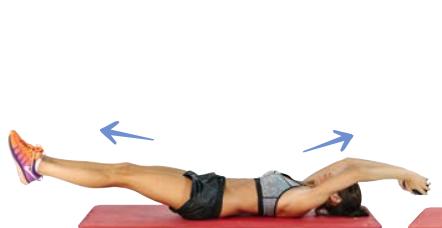
Ab Bikes

60 REPS
30 PER SIDE



Weighted Straight Leg Jackknives

30 REPS



Circuit Two

2x7min

Side Crunches (On Side)

30 REPS
15 PER SIDE



Plank

1 MIN



Ab Bikes

60 REPS
30 PER SIDE



Side Crunches (On Back)

30 REPS
15 PER SIDE



Weighted Bent Leg Jackknives

30 REPS



Plank

1 MIN



Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Week 18 Saturday - REST DAY

Week 18 Sunday

FULL BODY (OPTIONAL)

Circuit One

2x7min

Jump Squats

20 REPS



Burpees

15 REPS



Ab Bikes

60 REPS
30 PER SIDE



Dumbbell Squat and Press

20 REPS



Circuit Two

2x7min

In and Out Push Ups

20 REPS



Caterpillar Walk

20 REPS



Jump Lunges

30 REPS
15 PER SIDE



3-8 KG

Weighted Step Ups

30 REPS
15 PER SIDE



5-10 KG

Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Week 19 Monday

LEGS

Circuit One

2x7min

Barbell Squat Pulse

30 REPS



10-20 KG

Jump Squats

30 REPS



Weighted Burpees

15 REPS

3-8 KG



Jump Lunges

30 REPS
15 PER SIDE



3-8 KG

Circuit Two

2x7min

Medicine Ball Squat & Press

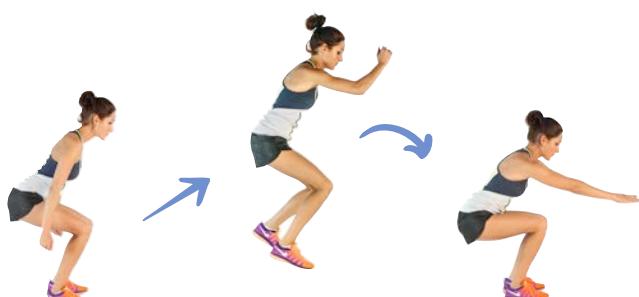
15 REPS



6-12 KG

Broad Jumps

15 REPS



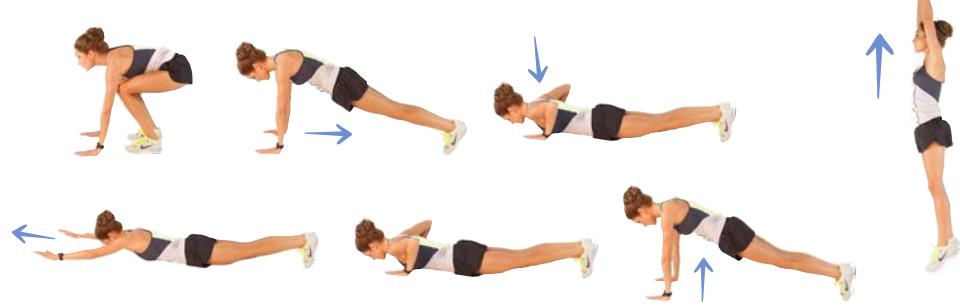
In and Out Jump Squats

30 REPS
15 IN; 15 OUT



Lay Down Burpees

15 REPS



Cool Down - Lower Body Stretch Routine (see page 81)

Week 19 Tuesday - LISS (35 mins) + REHABILITATION (see pages 80-84)

Circuit One

2x7min

Drop Push Ups

15 REPS

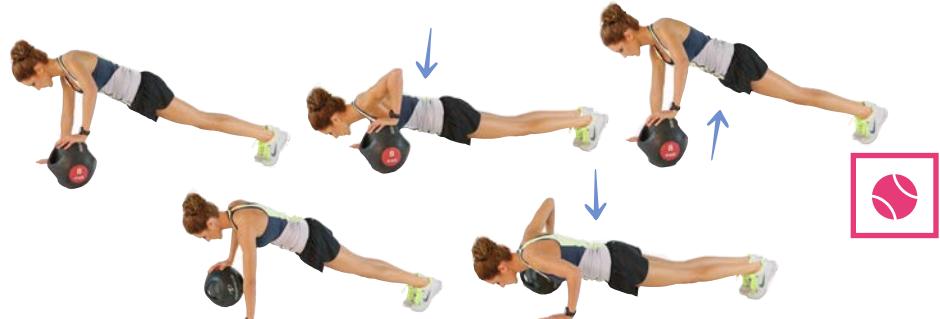


Circuit Two

2x7min

Medince Ball Push Ups

20 REPS
10 PER SIDE



Commandos

20 REPS
10 PER SIDE



Snap Jumps

20 REPS



Weighted Squat & Press

15 REPS



Single Arm Squat & Press

20 REPS
10 PER SIDE



Tricep Dips

20 REPS



Decline Push Ups

10 REPS



Cool Down - Upper Body Stretch Routine (see page 82)

Week 19 Thursday - LISS (35-45 mins)

Week 19 Friday

ABS

Circuit One

2x7min

Weighted Sit Up

20 REPS



Weighted Russian Twist

40 REPS
20 PER SIDE



Split Jumps

40 REPS
20 OUT; 20 IN



Snap Jumps

20 REPS



Circuit Two

2x7min

Side Crunches (On Side)

40 REPS
20 PER SIDE



Side Crunches (On Back)

40 REPS
20 PER SIDE



Side Taps

40 REPS
20 PER SIDE



Mountain Climbers

60 REPS
30 PER SIDE



Cool Down - Lower and Upper Body Stretch Routine (see pages 81-82)

Week 19 Saturday - REST DAY

The Two Minute Challenge

This is VERY HIGH INTENSITY! You need to work as hard and as fast as you can for two minutes, then break.

You can choose ANY two exercises from Weeks 13 - 19. I have used Jump Lunges and Push Ups as an example.

Before beginning this challenge, you will need 2 cones/markers. Start by placing one marker on the ground. Sprint for exactly 5 seconds as FAST AS YOU CAN and place the other marker on the ground.

You need to do ONE of the two exercises you have chosen for 30 SECONDS at your first cone/marker. Then you have exactly 5

SECONDS to get to the other marker and start the next exercise for 30 SECONDS. You repeat this again.

If you are not at the cone/marker within 5 seconds, you have to do burpees for that 30 seconds instead! At the end of the two minutes take 30-60 seconds to rest and/or have a drink of water. Select another two exercises and repeat.

You need to complete FIVE two minute rounds.

This is your challenge. Let's begin!



30 SECONDS	Jump Lunges
Sprint!	
30 SECONDS	Push Ups
Sprint!	
30 SECONDS	Jump Lunges
Sprint!	
30 SECONDS	Push Ups

Week 20 Monday

LEGS

Circuit One

2x7min

Skiping

100 REPS



Barbell Sit Squat

20 REPS



10-20 KG

Circuit Two

2x7min

Burpees

15 REPS



Jump Lunges

30 REPS
15 PER SIDE



3-8 KG

Kettle Bell Sumo Squat

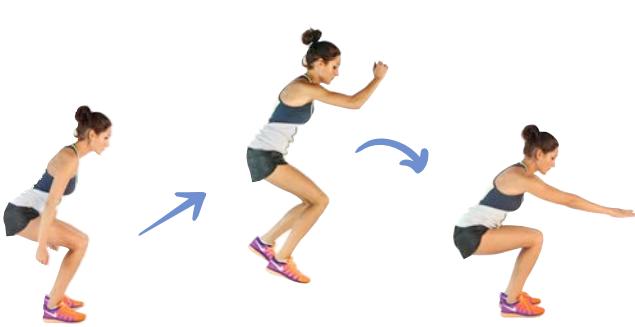
20 REPS



8-15 KG

Broad Jumps

30 REPS



X Hops

20 REPS



Medicine Ball Lunges + Twist

30 REPS
15 PER SIDE



Cool Down - Lower Body Stretch Routine (see page 81)

Week 20 Tuesday - LISS (35-45 mins)

Week 20 Wednesday

ARMS

Circuit One

2x7min

Lay Down Snap Jumps

20 REPS



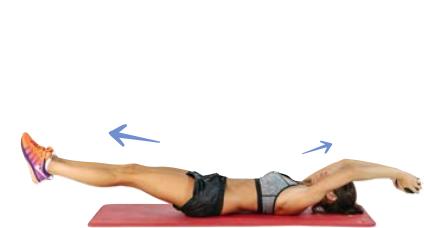
Double Pulse Tricep Dips

20 REPS



Weighted Straight Leg Jackknives

20 REPS



5-10 KG



5-10 KG

Circuit Two

2x7min

Decline Push Ups

15 REPS



Medicine Ball Squat & Press

20 REPS



Split Jumps

40 REPS
20 OUT; 20 IN



Weighted Burpees

15 REPS

3-8 KG



Cool Down - Upper Body Stretch Routine (see page 82)

Week 20 Thursday - HIIT (10-15 mins) + REHABILITATION (see pages 80-84)

Week 20 Friday

ABS

Circuit One

2x7min

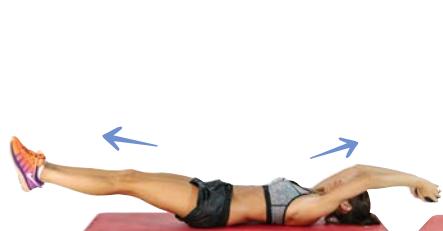
Ab Bikes

60 REPS
30 PER SIDE



Weighted Straight Leg Jackknives

30 REPS



5-10 KG

Circuit Two

2x7min

Side Crunches (On Side)

30 REPS
15 PER SIDE



Plank

1 MIN



Ab Bikes

60 REPS
30 PER SIDE

Side Crunches (On Back)

30 REPS
15 PER SIDE



Weighted Bent Leg Jackknives

30 REPS

Plank

1 MIN



5-10 KG



Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Week 20 Saturday - REST DAY

Week 20 Sunday

FULL BODY (OPTIONAL)

Circuit One

2x7min

Jump Squats

20 REPS



Burpees

15 REPS



Ab Bikes

60 REPS
30 PER SIDE



Circuit Two

2x7min

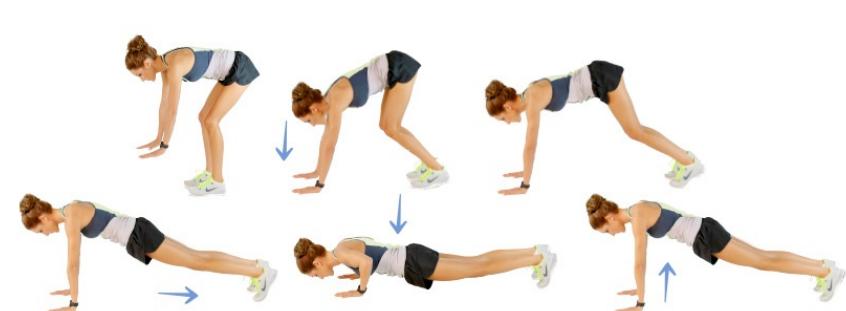
In & Out Push Ups

20 REPS



Caterpillar Walk

20 REPS



Dumbbell Squat and Press

20 REPS

3-8 KG



Weighted Step Ups

30 REPS
15 PER SIDE



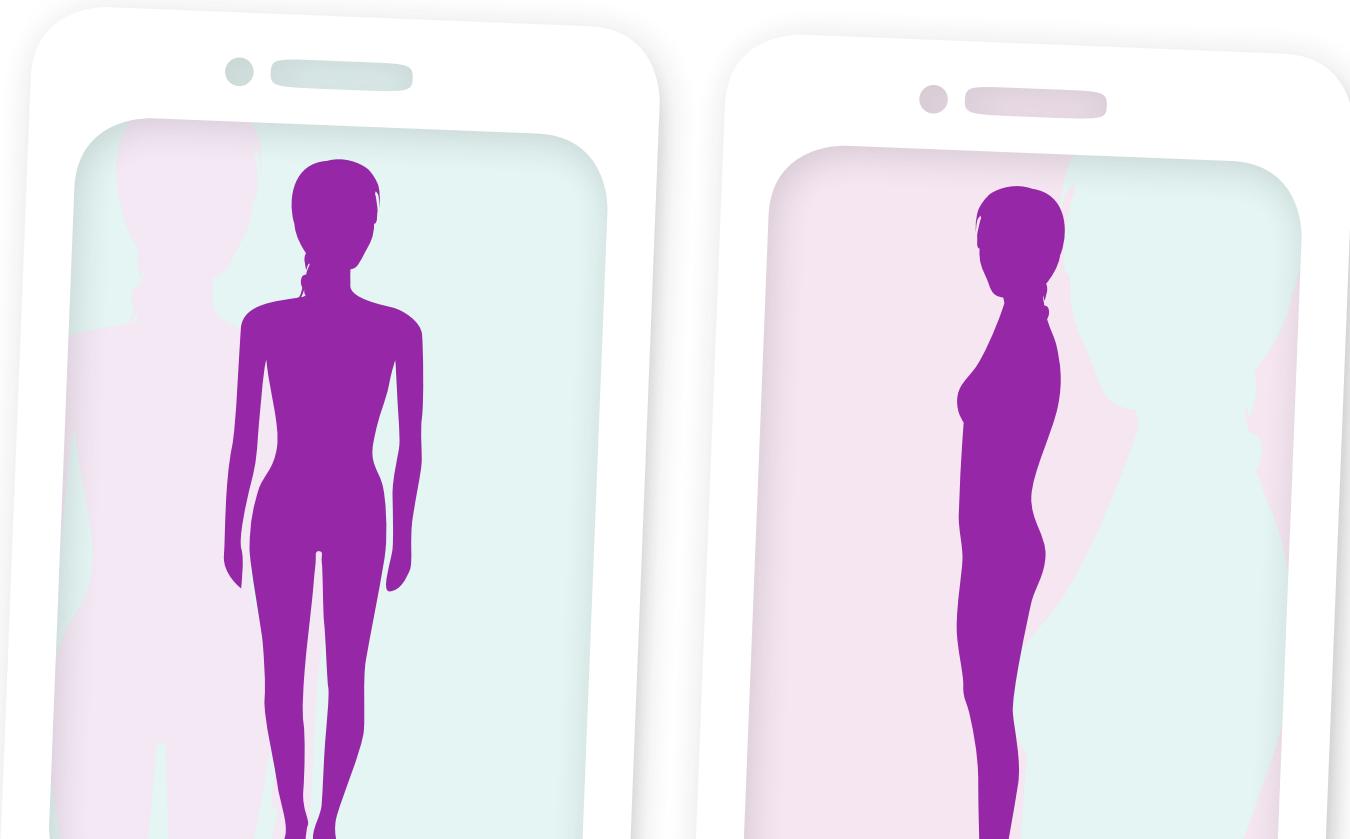
3-8 KG

Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Photo Reminder!

I love seeing your progress, so please feel free to TAG me in your photos via my social media pages with @kayla_itsines or #kaylaitsines.

You can also email your progress photos to me at
sales@kaylaitsines.com.au



Week 21 Monday

LEGS

Circuit One

2x7min

Straight Leg Deadlifts

20 REPS

Circuit Two

2x7min

Burpee Tuck Jumps

15 REPS



Sumo Jump Squats

20 REPS

Weighted Step Up

30 REPS
15 PER SIDE



Reverse Lunge + Knee Lift

20 REPS
10 PER SIDE

Box Jumps

15 REPS



Double Pulse Box Jumps

↑↓ 15 REPS

Step Ups

30 REPS
15 PER SIDE



Cool Down - Lower Body Stretch Routine (see page 81)

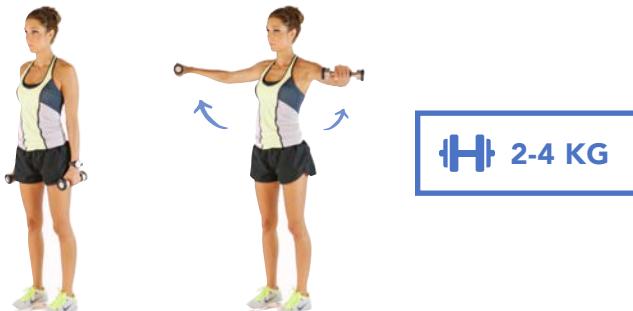
Week 21 Tuesday - LISS (35-45 mins)

Circuit One

2x7min

Side Raises

20 REPS



Drop Push Ups

20 REPS

Circuit Two

2x7min

In & Out Push Ups

20 REPS



Double Pulse Tricep Dips

20 REPS

Commandos

30 REPS
15 PER SIDE

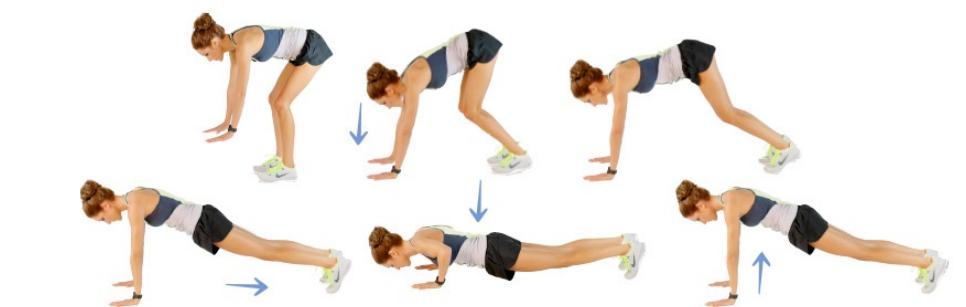


Skipping

150 REPS

Caterpillar Walk

20 REPS



Mountain Climber + Push Ups

20 REPS



Mountain Climber + Push Ups

20 REPS



Cool Down - Upper Body Stretch Routine (see page 82)

Week 21 Thursday - HIIT (10-15 mins) + REHABILITATION (see pages 80-84)

Week 21 Friday

ABS

Circuit One

2x7min

Commandos

20 REPS
10 PER SIDE



Plank

1 MIN



Mountain Climbers

60 REPS
30 PER SIDE



Ab Bikes

60 REPS
30 PER SIDE



Circuit Two

2x7min

Weighted Russian Twist

40 REPS
20 PER SIDE



Weighted Sit Ups

20 REPS



Side Crunches (On Back)

40 REPS
20 PER SIDE



Side Taps

40 REPS
20 PER SIDE



Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Week 21 Saturday - REST DAY

Personal Challenge



Your ONE MINUTE challenge!

Along with progress photos, personal challenges are amazing for both motivation and tracking your fitness. For this challenge, you are going to do each of these simple exercises for **ONE MINUTE** and take note of your results in your phone or on a piece of paper.

SET TIMER to 1 MINUTE!	
PUSH UPS	Perform these on your hands and toes. Your chest should be within a fist's distance from the ground in order for the rep to count.
SET TIMER to 1 MINUTE!	
STRAIGHT LEG SIT-UPS	While you are trying to do these as quickly as you can, make sure that you do not use your arms to swing yourself up. Your abs still need to do all of the work!
SET TIMER to 1 MINUTE!	
JUMP SQUATS	Make sure that you extend your hips as you jump up!
SET TIMER!	
PLANK	Set the timer and hold for as long as you can! Ensure that you maintain proper plank form throughout - if you feel as though your form is diminishing, stop!

Although it seems simple, you will be surprised at how much better and faster you get at these exercises!

Personal Challenge



Your ONE THOUSAND REP challenge!

Your second personal challenge is to complete the following 1000 rep challenge as fast as you can! You need to complete **30 REPS** of each of these exercises, unless stated otherwise. You don't have to complete the exercises in order, just as long as you finish the full 1000 reps! Set a timer and stop in once you have gone through EVERY exercise. You can take a break whenever you want but the timer **DOES NOT STOP!** Record your result in your phone or on a piece of paper.

SET TIMER

Burpees	Medicine Ball Squat and Press
Jump Lunges	Tricep Dips
Mountain Climber Push Ups	100 - Skipping
Toe Taps	Snap Jumps
100 - Ab Bikes	Reverse Lunge + Knee Lift
Tuck Jumps	Drop Push Ups
Sit Ups	Single Arm Squat and Press
X Hops	100 - X Mountain Climbers
Commandos	Split Jumps
100 - Mountain Climbers	Weighted Bent Leg Jackknives
Box Jumps	Jump Squats
Weighted Straight Leg Jackknives	Lay Down Push Ups

Week 22 Monday

LEGS

Circuit One

2x7min

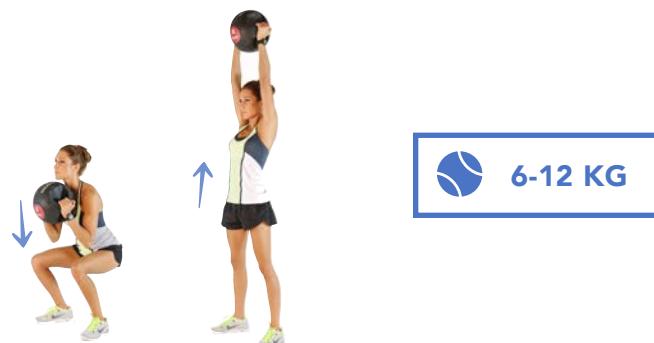
Triple Pulse Box Jumps

15 REPS



Medicine Ball Squat & Press

20 REPS



Weighted Jump Lunges

30 REPS
15 PER SIDE



Dumbbell Squat and Press

20 REPS



Circuit Two

2x7min

Tuck Jumps

20 REPS



Double Pulse Jump Squats

20 REPS



Barbell Close Squat

20 REPS



X Hops

40 REPS



Cool Down - Lower Body Stretch Routine (see page 81)

Week 22 Tuesday - LISS (35-45 mins)

Week 22 Wednesday

ARMS

Circuit One

2x7min

Decline Push Ups

15 REPS



Weighted Burpees

15 REPS

3-8 KG



15 REPS

Circuit Two

2x7min

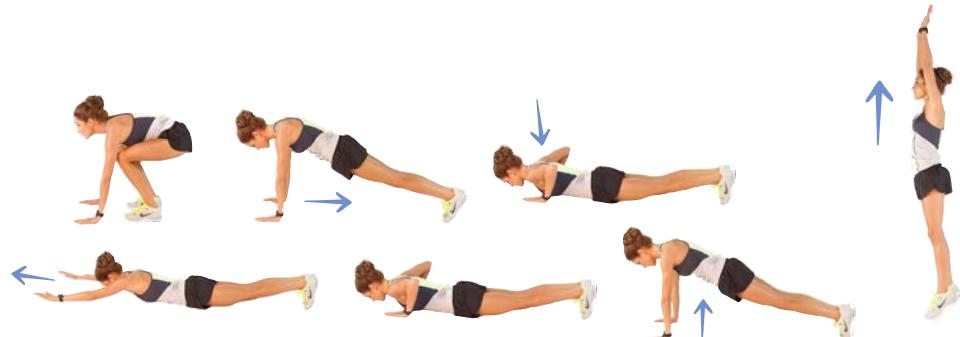
Snap Jumps

30 REPS



Lay Down Burpees

15 REPS



Lay Down Snap Jumps

15 REPS



Drop Push Ups

15 REPS



Plyo Push Ups

15 REPS



Commandos

30 REPS
15 PER SIDE



Cool Down - Upper Body Stretch Routine (see page 82)

Week 22 Thursday - HIIT (10-15 mins) + REHABILITATION (see pages 80-84)

Circuit One

30 MIN NON STOP

Ab Bikes

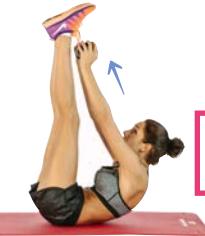
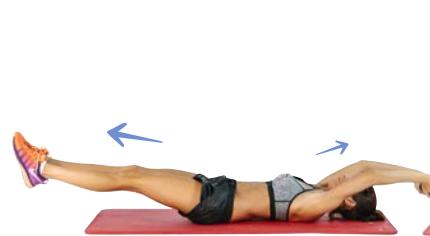
40 REPS
20 PER SIDE



Circuit Two

Weighted Straight Leg Jackknives

20 REPS



5-10 KG

Weighted Russian Twist

40 REPS
20 PER SIDE

20 REPS



5-10 KG

Weighted Bent Leg Jackknives

20 REPS



5-10 KG

Plank

1 MIN

Snap Jumps

20 REPS



Mountain Climbers

40 REPS
20 PER SIDE

Sit Ups

20 REPS



Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Week 22 Sunday

FULL BODY (OPTIONAL)

Circuit One

2x7min

Medicine Ball Push Ups

30 REPS
15 PER SIDE



Decline Push Ups

20 REPS



Lay Down Burpees

20 REPS



Double Pulse Box Jump

20 REPS



Circuit Two

2x7min

Plyo Push Ups

20 REPS



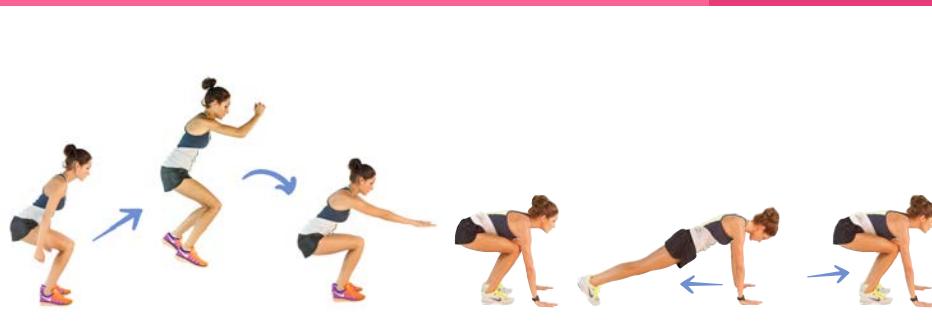
Reverse Lunge + Step Up

30 REPS
15 PER SIDE



Broad Jump Burpees

20 REPS



X Hops

40 REPS



Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Week 23 Monday

LEGS

Circuit One

2x7min

Straight Leg Deadlift

20 REPS



Sumo Jump Squats

20 REPS



Reverse Lunge + Knee Lift

40 REPS
20 PER SIDE



Double Pulse Box Jumps

15 REPS



Circuit Two

2x7min

Burpee Tuck Jumps

15 REPS



Knee Up

30 REPS
15 PER SIDE



Box Jumps

15 REPS



Step Ups

30 REPS
15 PER SIDE



Cool Down - Lower Body Stretch Routine (see page __)

Week 23 Tuesday - LISS (35-45 mins)

Circuit One

2x7min

Side Raises

20 REPS



2-4 KG

Drop Push Ups

20 REPS



↓ → ← ↑

Double Pulse Tricep Dips

20 REPS



Commandos

20 REPS
10 PER SIDE



Skipping

150 REPS



Mountain Climber + Push Ups

20 REPS



Cool Down - Upper Body Stretch Routine (see page 82)

Week 23 Thursday - HIIT (10-15 mins) + REHABILITATION (see pages 80-84)

Week 23 Friday

ABS

Circuit One

2x7min

Commandos

60 REPS
30 PER SIDE



Plank

1 MIN



Mountain Climbers

60 REPS
30 PER SIDE



Ab Bikes

60 REPS
30 PER SIDE



Circuit Two

2x7min

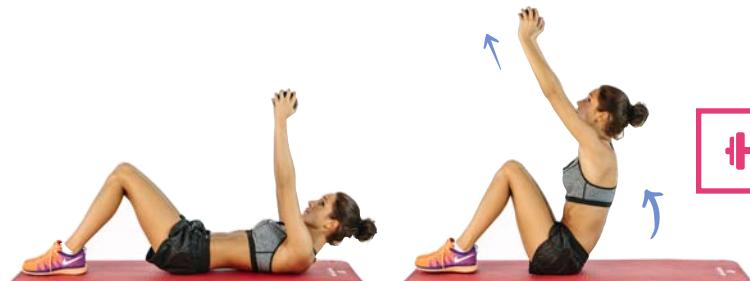
Weighted Russian Twist

40 REPS
20 PER SIDE



Weighted Sit Ups

20 REPS



Side Crunches

40 REPS
20 PER SIDE



Side Taps

40 REPS
20 PER SIDE



Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Week 23 Saturday - REST DAY

600 IN UNDER 30 CHALLENGE

For this challenge, you are aiming to finish all these exercises in THIRTY MINUTES. Set a timer and stop it only once you have done TWENTY REPS of EVERY exercise.

You can break whenever you want, but the timer **DOES NOT STOP!**

See how long it takes you and then challenge yourself to beat it next time!

SET TIMER - 30 MINUTES!

Burpees	Weighted Straight Leg Jackknives
Jump Squats	X Hops
Push Ups	Lay Down Push Ups
Jump Lunges	Medicine Ball Sumo Squat & Press
Mountain Climbers	Double Pulse Jump Squats
Sit Ups	Split Jumps
Step Ups	Sumo Jump Squats
Drop Push Ups	Walking Lunges
Broad Jumps	Side Crunches (On Back)
Tricep Dips	Single Arm Squat and Press
Ab Bikes	In and Out Push Ups
Dumbbell Squat & Press	Tuck Jump
Snap Jumps	Weighted Sit Ups
Box Jumps	Toe Taps
Weighted Bent Leg Jackknives	Squats

Week 24 Monday

LEGS

Circuit One

2x7min

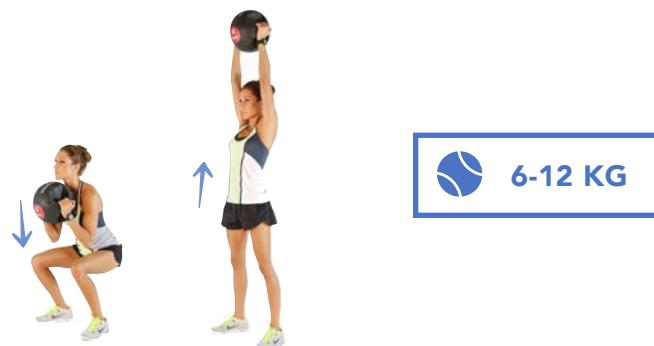
Triple Pulse Box Jumps

15 REPS



Medicine Ball Squat & Press

20 REPS



Weighted Jump Lunges

30 REPS
15 PER SIDE



Dumbbell Squat and Press

20 REPS



Circuit Two

2x7min

Tuck Jumps

20 REPS



Double Pulse Jump Squats

20 REPS



Barbell Close Squat

20 REPS



X Hops

40 REPS



Cool Down - Lower Body Stretch Routine (see page 81)

Week 24 Tuesday - LISS (35-45 mins)

Circuit One

2x7min

Decline Push Ups

15 REPS



Circuit Two

2x7min

Snap Jumps

30 REPS



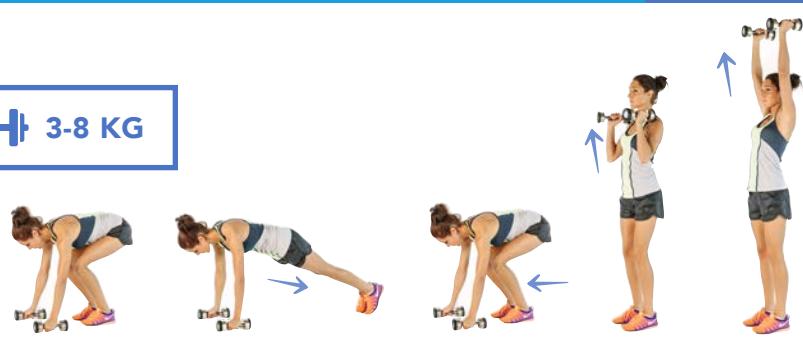
Weighted Burpees

15 REPS

3-8 KG

Lay Down Burpees

15 REPS



Lay Down Snap Jumps

15 REPS



Drop Push Ups

15 REPS



Plyo Push Ups

15 REPS

Commandos

30 REPS
15 PER SIDE



Cool Down - Upper Body Stretch Routine (see page 82)

Circuit One

30 MIN NON STOP

Circuit Two

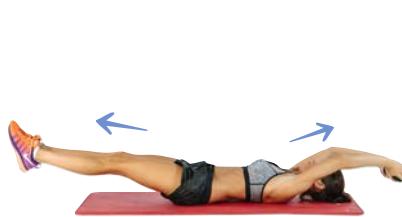
Ab Bikes

40 REPS
20 PER SIDE



Weighted Straight Leg Jackknives

20 REPS



5-10 KG

Weighted Russian Twist

40 REPS
20 PER SIDE

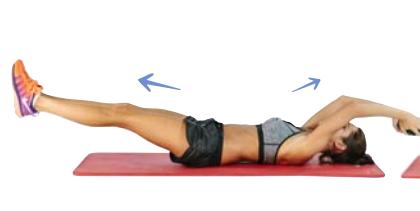
20 REPS



5-10 KG

Weighted Bent Leg Jackknives

20 REPS



5-10 KG

Plank

1 MIN

Snap Jumps

20 REPS



Mountain Climbers

20 REPS
10 PER SIDE

Sit Ups

20 REPS

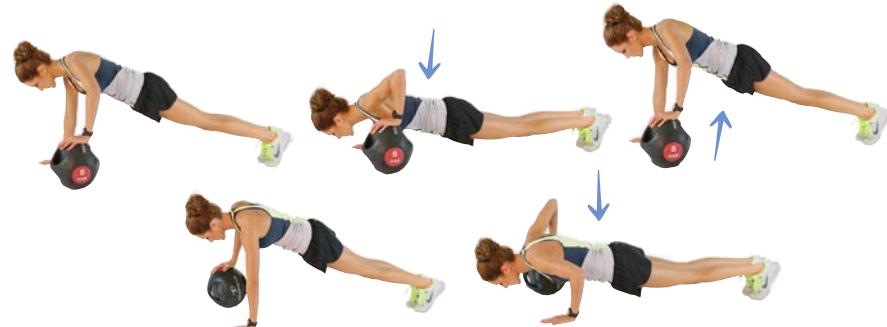


Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Circuit One

2x7min

Medicine Ball Push Ups

30 REPS
15 PER SIDE

Circuit Two

2x7min

Plyo Push Ups

20 REPS



Decline Push Ups

20 REPS

Reverse Lunge + Step Up

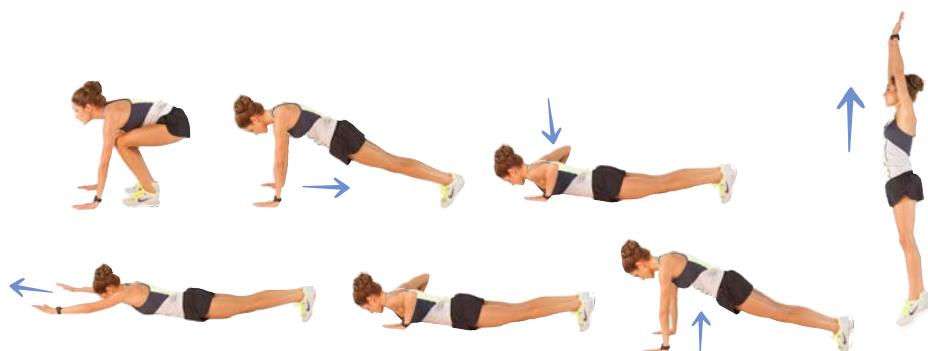
30 REPS
15 PER SIDE

Lay Down Burpees

20 REPS

Broad Jump Burpees

20 REPS



Double Pulse Box Jump

↑↓ 20 REPS

X Hops

40 REPS

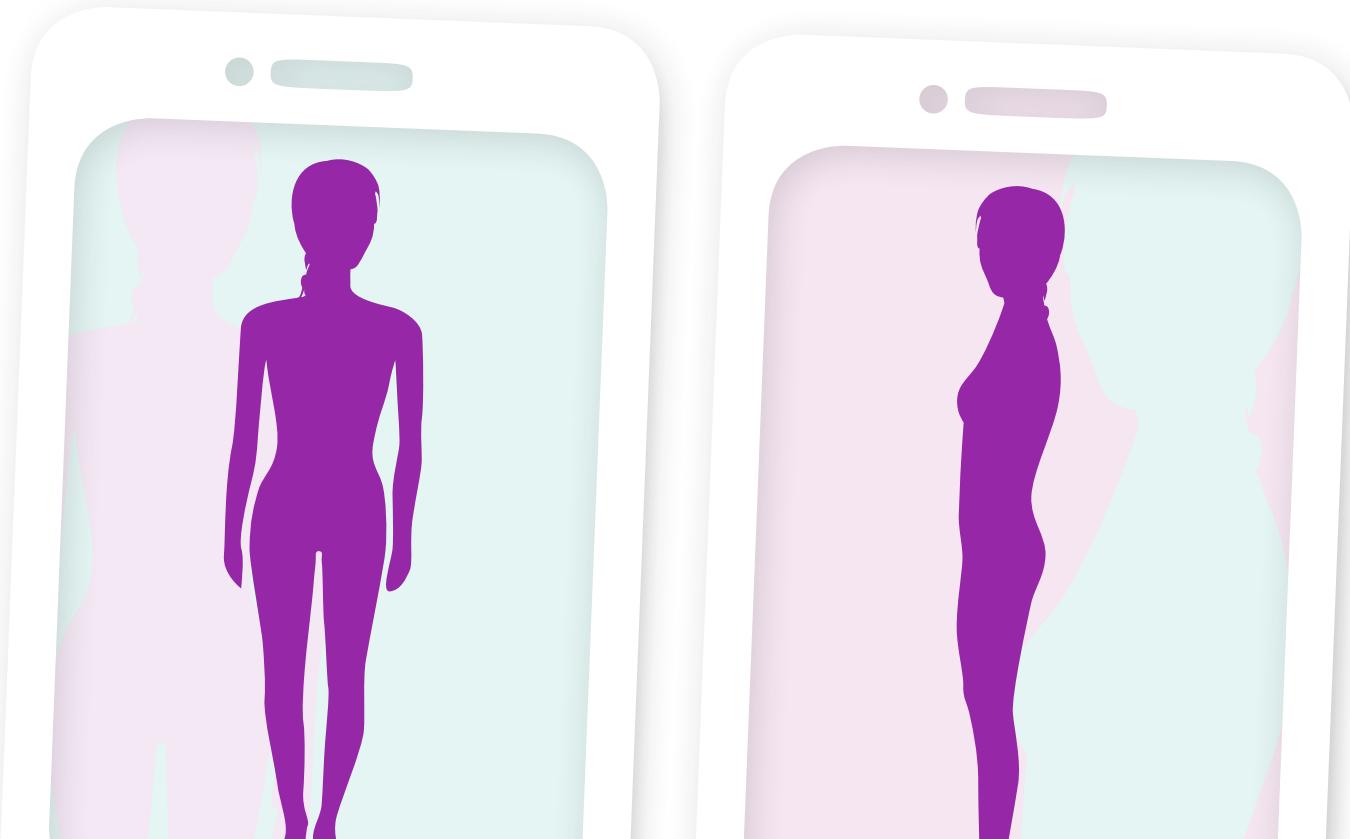


Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Photo Reminder!

I love seeing your progress, so please feel free to TAG me in your photos via my social media pages with @kayla_itsines or #kaylaitsines.

You can also email your progress photos to me at
sales@kaylaitsines.com.au



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COOL DOWN & REHABILITATION

COOL DOWN & REHABILITATION

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COOL DOWN

At the end of each workout, hold each of the recommended stretch positions for 20-30 seconds. Always remember to stretch both sides of your body, and do so for an even amount of time. For step-by-step instructions on how to do each of these, see the pages 191 to 198 of the exercise glossary.

REHABILITATION

For your rehabilitation stretch session, perform the following foam rolling routine first, followed by your upper and lower body stretch routines. To foam roll, start at one end of the muscle and work your way up/down. Once you reach a point of tenderness (called a trigger point), pause and maintain that position for approximately 90 seconds or until the pain/pressure reduces significantly before continuing.

If you experience ‘pins and needles’, hot shooting pain, or pain in another area of your body whilst foam rolling, stop foam rolling immediately and seek advice from an appropriate medical professional, such as a general practitioner or physiotherapist.



Stretch Routine

Lower Body

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guide 2.0



Calves and Hamstrings 1



Adductors 1



Adductors 2



Calves and
Hamstrings 2



Hip Flexors



Quads



Calves and
Hamstrings 3

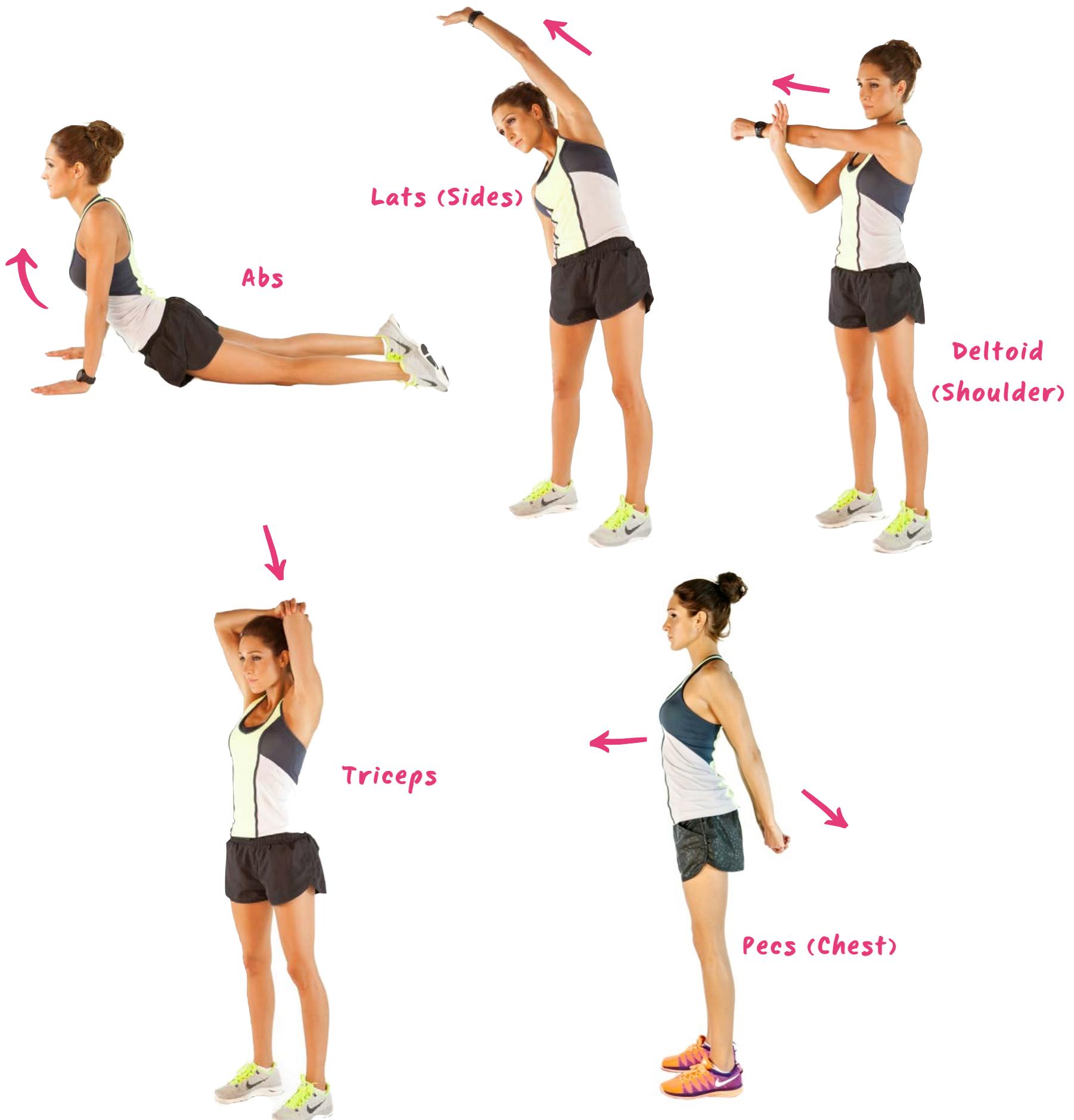


Glutes
('Bum')

Stretch Routine

Upper Body

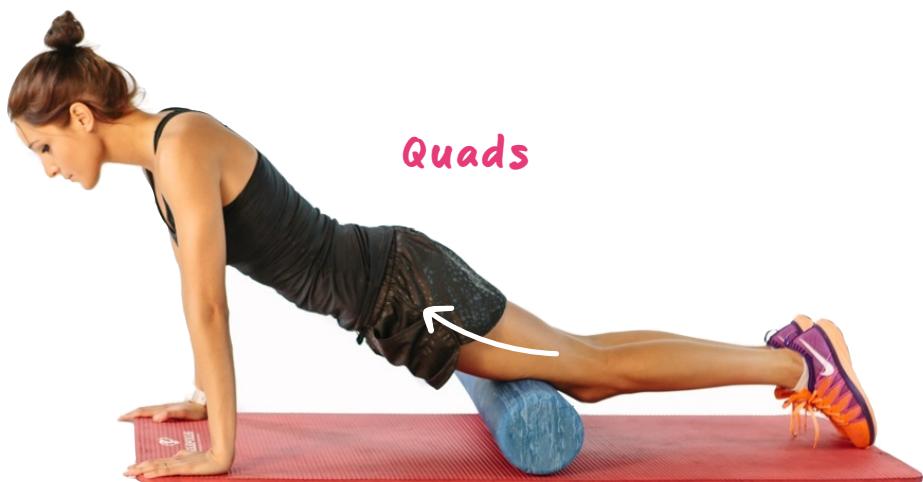
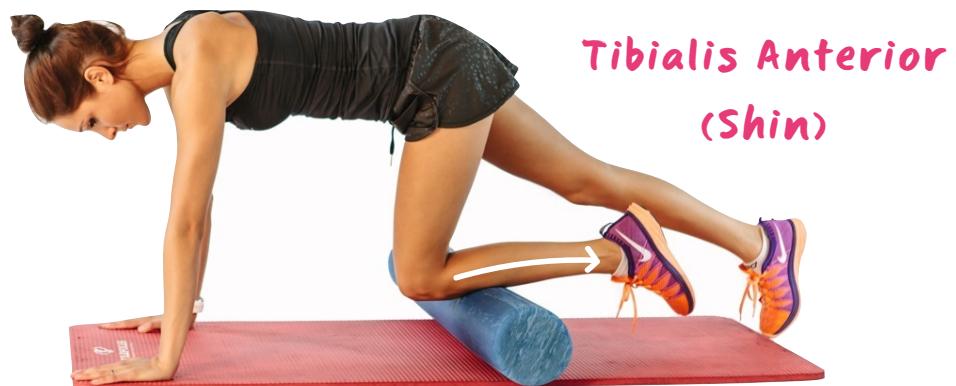
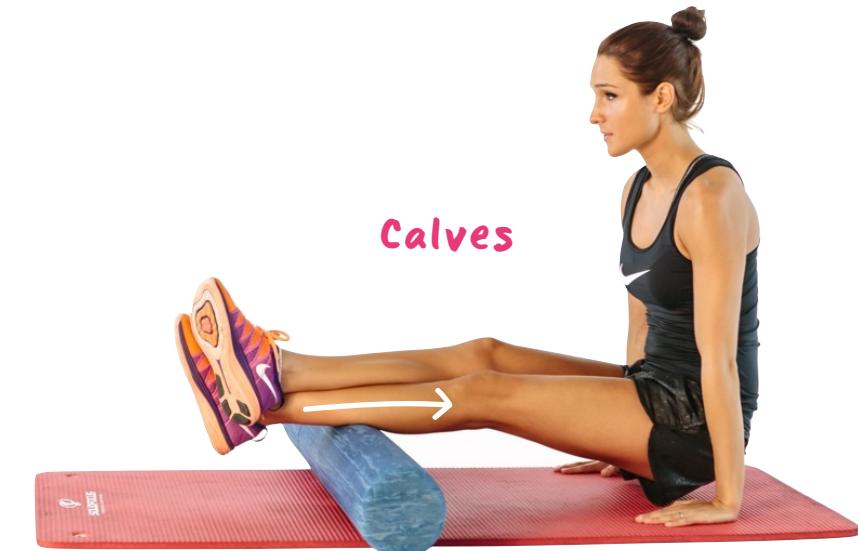
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Foam Rolling Routine

Lower Body

bikini
BODY
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Foam Rolling Routine

Upper Body

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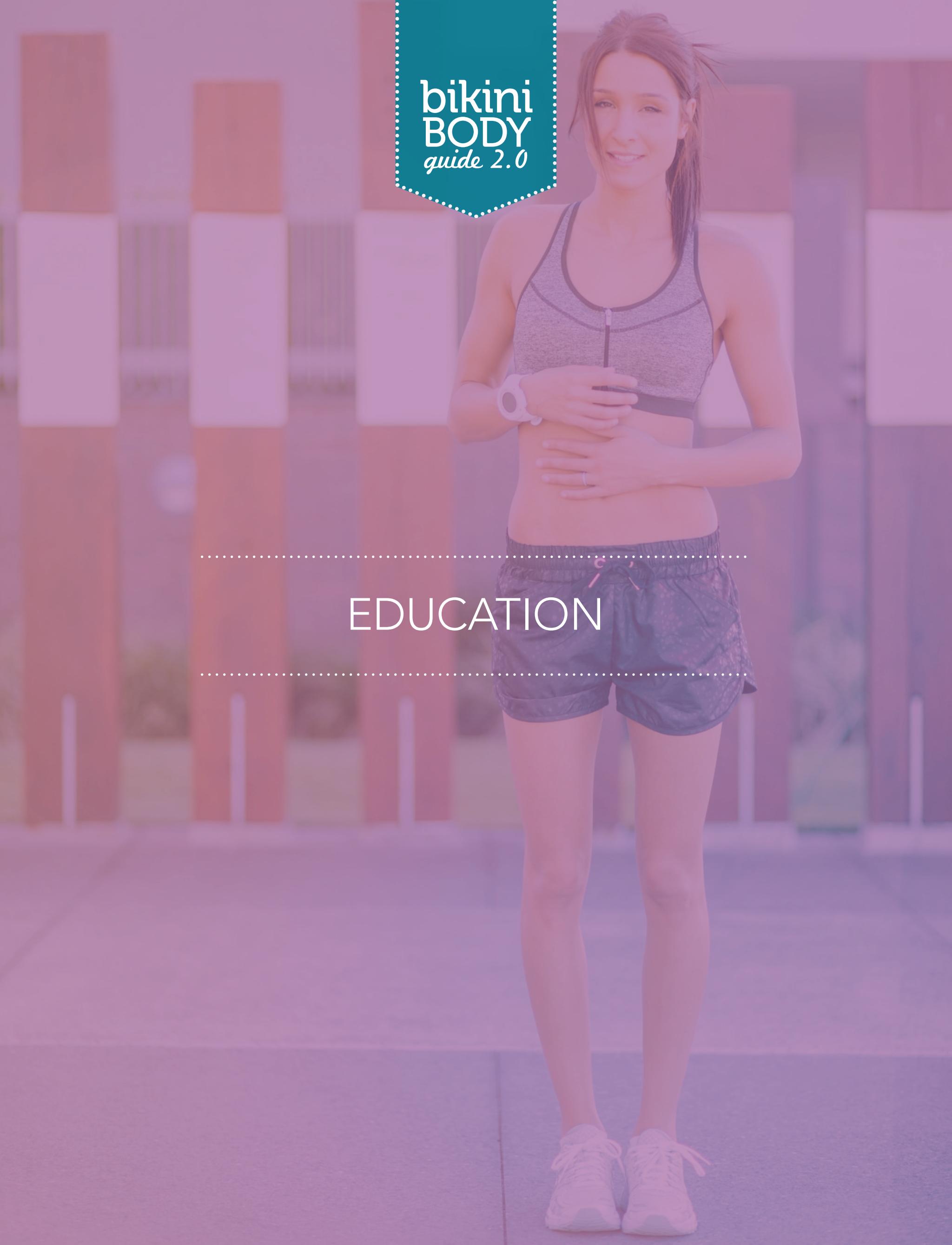
Traps
(Back)



Lats (Sides)



Pecs (Chest)

A full-body photograph of a young woman with long brown hair, smiling at the camera. She is wearing a grey zip-up tank top and dark grey patterned shorts. She has her hands on her hips and is wearing white sneakers. The background is a blurred outdoor setting with colorful shipping containers.

bikini
BODY
guide 2.0

EDUCATION

Education is paramount!

I personally think the most important thing to have when starting a new activity is a sound education. This most definitely applies to health and fitness.

Consider this: if you are a first year mechanical apprentice and you pop a tire on a car, it can easily be fixed. Unfortunately, this is not the case in the fitness industry or for your body. For example, if you have never lifted weights above your head before and lean too far back when doing an overhead press, you could dislocate your shoulder and tear a muscle. Similarly, if you don't eat enough calories or if you eat too much of the wrong food, you could end up malnourished and/or with hormonal, weight or digestive problems. The potential damage done to your own body can be long-term and sometimes irreversible.

I understand that many of us learn best from our own mistakes but I think with today's technology, people should be able to easily educate themselves before beginning a new journey. Below you will find a user-friendly education section specifically pertaining to the cardiovascular exercise, resistance training and stretching I have made reference to throughout my guide. Although, I will be the first to say some clinical research papers are very controversial. However, the information I have provided below (as well as the references), are from the same information sources Fresh Fitness, my clients and myself abide by.



CARDIO

What is cardio?

The word 'cardio' is short for cardiovascular exercise. Cardio is a broad term that essentially covers any low intensity aerobic exercise. 'Aerobic' simply means 'in the presence of oxygen' (try to remember AIR-robic). This implies that cardio is exercise that predominantly relies on oxygen for the metabolism (production) of energy, unlike anaerobic exercise (such as sprints), which does not.

What are the benefits of cardio?

The long list of physical cardio benefits are quite broad, they can include;

- Increases in stamina (fitness)
- Stronger auto-immune system (better resistance to colds and flus)
- Decreases blood pressure
- Controls blood sugar levels
- Decreases potential for osteoporosis
- Strengthens your heart
- Boosts your mood

And much, much more! As you can see from the list above, cardio can increase

your health in a variety of ways - not only externally, but internally too.

How does it affect weight-loss?

Like all forms of exercise, cardio burns calories. Calories are energy that can come from protein (muscle cells), carbohydrates (blood glucose or glycogen stores) or fat (adipose tissue) within your body. By burning calories, you are increasing your daily energy output. When your energy output is above your energy (food) intake, it can lead to weight loss. As cardio contributes to energy output, performing cardio can help you to lose weight. Aside from this general fact, doing the right styles of cardio can teach your body to utilise fat for energy more efficiently and also support positive hormone balance.

What styles of cardio are there?

The basic and most common types of deliberate cardio exercise are LISS & HIIT:

- LISS - Low Intensity Steady State - for example, walking.
- HIIT - High Intensity Interval Training - for example, sprint training.

If we relate these to walking or running, LISS would equate to 35-45 minutes of walking (for example), and HIIT could consist of a 30 second sprint immediately followed by a 30 second walk (REST) period. These sprint and walk periods are your intervals, which we repeat for a designated amount of time - usually 10-15 minutes.

Which is better?

When it comes to choosing one form of cardio over another, most people generally fall into the very controversial conversation of walking versus running versus sprinting. Hopefully I am able to shed some light on this and help you understand that one form of cardio is not better than any other form; rather, it is the goals of the individual that will determine which type of cardio is more appropriate for them.

If we look at the three types of cardio listed above, there are a few simple ways we can differentiate between them. The most important questions to look at are “how many calories do they burn per unit of time?” (e.g. 30 minutes), “where do these calories come from?” (which energy source is being predominantly used) and finally,

“what hormonal/post exercise effect do they have on your body?”.

Which burns the most calories (per unit of time)?

In order of most to least: sprinting burns the most calories, then jogging and finally walking per unit of time. This is because sprinting is higher intensity than jogging and your body is forced to metabolise more energy in that period of time.

Where does the energy (calories) come from?

In order of most to least, walking burns the most fat, then jogging then sprinting per calorie. Without getting too in depth, fat requires oxygen in order to be metabolised for energy. The lower the intensity of exercise, the more oxygen is made available to your body. This explains why sprinting burns the least fat per calorie. Because it is the highest intensity and near your anaerobic threshold (not using any or much oxygen), fat is not as easily used for energy. This means that your body will be using other sources, such as carbohydrates (in the form of glucose or glycogen), for energy production.

What are their hormonal/post exercise effects?

When talking about hormonal and post-exercise effects on the body, typically people will look at cortisol (stress hormone) levels and EPOC (excessive post-exercise oxygen consumption). Since acute (short-term) hormonal response to cardio is such a complex topic, I am going to focus on EPOC as I believe that it is more important and relevant to your training. EPOC is the process of returning oxygen to the “starved” muscles that occurs after any high intensity exercise. As your body repairs muscle tissue and replenishes cell nutrients, fat is the dominant source of energy. Thus, performing sprints could result in burning more than three times as much fat as steady-state jogging. Obviously, this is of considerable importance.

Which type do I choose?

Your goals and the results of your training will change over time. I believe that a combination of different sorts of training is necessary to get the best results from your efforts. As you will have seen in my weekly training regime, it incorporates different training methods and frequencies. This

means that, over time, how much you train and the style of that training will change. I believe in progressive overload and varying training protocols to maintain self-motivation and to promote ongoing positive change in your body. In reference to cardio training, I recommend a combination of both walking and sprint training.

When should I be doing it?

Usually the last question anyone has about cardio is when should they do it. The most common response is first thing in the morning. Typically, this works really well as it allows you to get it over and done with. However, as everyone's lifestyle is different, it is necessary to understand that what time of the day you exercise doesn't have a huge impact on your results.

Yes, there are minor differences in energy and hormone levels throughout the day but generally speaking, anytime of the day is fine so long as it gets done. I usually try to do it in the middle of the day, as this is when I have a long break (I work a split shift). Whether or not you have recently eaten, or are fasted for hours also does not have a huge impact on fat loss.

EDUCATION

Although this is commonly thought to be fact, whether or not you have eaten prior to cardio does not actually have much, if any effect on overall fat loss.

Overdoing it

Don't try and rush your progress. Being healthy and fit is a marathon, not a sprint. Be the tortoise, not the hare. Take your time and finish. Don't rush, burn out and never get there. If you are overdoing it, your body will give you signs. Sometimes these can come as lethargy, exhaustion, fatigue and water retention. Observe these signs and take some planned rest - this can actually improve your results!

RESISTANCE TRAINING

Resistance training is based around the use of resistance to induce muscular contraction. This, in turn, can help to cause an increase in strength, power, hypertrophy and anaerobic endurance. Typically, resistance training consists of sets or rounds of exercises with a specified numbers of repetitions.

Resistance training is a broad topic that can include many varying training styles. Specifically, I choose to use plyometric and body weight exercises incorporated into

high intensity circuits. This is because, from my own experience and research, I have found that this has been able to give my clients the body they seek and nothing but. Specifically, plyometric training refers to exercises where you are exerting your muscles in a maximal contraction in as short amount of time possible.

Typically, plyometric training is referred to as jump training. Generally, this style of training is used by athletes. However, I have found that incorporating it into my training repertoire means I can significantly increase the intensity without having to use a large amount of external resistance. This is a great tool. With this increase in intensity comes the same benefit you receive from HIIT training and EPOC. Again, during this phase you are burning high amounts of fat.

STRETCHING

What is stretching?

In the context of health and fitness, to stretch simply means to deliberately lengthen a muscle. For example, leaning forward and touching your toes (or the action of) while sitting with your legs out straight in front of you will cause your hamstrings (back of your legs) to lengthen.

Why do we stretch?

Stretching is a commonly overlooked, but very useful aspect of training. Whether you are a full-time athlete, beginner or somewhere in between, the long list of benefits associated with stretching can have a positive impact on your training. In my experience, the benefits of stretching include, but are not limited to: increased flexibility, better muscle condition, burning calories, releasing toxins and prevention of injury. I have found that stretching can certainly take your health and fitness to the next level in a short amount of time. For example, a small amount of extra stretching can lead to improved muscle condition and flexibility, which in turn generates greater range of movement and more efficient muscle contraction.

Why does it matter to me?

If you are a sedentary individual (meaning you never or infrequently train), this can mean your muscles are deconditioned. The term “deconditioned” means a lot of things. One of them is that your muscle fibres do not stretch or contract as efficiently or effectively as someone who trains regularly. It is only too common that a new fitness

enthusiast - shortly after embarking on a new healthy lifestyle - has had to stop due to a crunchy knee or an aching shoulder or neck. This can be quite easily avoided with stretching the right muscles, providing the individual is not predisposed to a chronic injury or unseen biomechanical dysfunction.

What muscles do you stretch and how?

The muscles that you choose to stretch will depend on what it is you are trying to achieve. For example, during injury rehabilitation you will usually stretch the damaged or weak muscle tissue as well as the surrounding support group. For general flexibility, you can stretch as many muscles as you feel necessary. Here is a basic set of rules I get my clients to follow when stretching:

- Start at the lowest muscle. For example, if stretching your legs, start with your feet and calves.
- Ease into the stretched position; do not rush into it. Apply pressure slowly and gradually increase this as you relax into the stretch. Remember, you are trying to stretch your muscles, not tear them.

- Don't push too hard. If you are stretching yourself to tears you may be doing more damage than good.
- Always stretch both sides of your body, and do so for an even amount of time (e.g. 20-30 seconds on each side).

FOAM ROLLING

What is foam rolling?

Self-myofascial release, more commonly known as foam rolling, is a technique where individuals release tension within their own body with the aid of a foam roller. Fascia is a term used to describe the connective tissue that surrounds nearly every cell within the human body – more specifically, myofascia is the connective tissue surrounding muscles.

Why should you foam roll?

Over time, poor posture, overuse, strain, or immobility of a muscle can lead to the shortening and thickening of the myofascial fibres. This not only limits blood flow to that area, but places increased pressure on surrounding structures, including tendons and bones. This can result in tenderness or pain within the muscle itself or, due to the

connectedness with other fascia within the body, may present in a completely different area of the body.

Applying pressure directly to the restricted fascia through foam rolling is an effective way of alleviating tension as it helps to increase the length of the myofascial fibres. This restores normal blood flow to the area, allowing the fascia and muscle to move without restriction. Foam rolling is particularly effective because YOU can control how much pressure you apply to the area. You can also accurately focus on the areas that are really sore and need extra work.

How do you foam roll?

Start by placing the muscle that you are trying to release onto the foam roller. You'll then need to reposition the rest of your body so that it places pressure on that muscle. Starting at one end, slowly roll the foam roller along the length of the muscle. Once you reach a point of tenderness (called a trigger point), pause and maintain that position for approximately 90 seconds or until the pain/pressure reduces significantly before continuing.

EDUCATION

If you experience 'pins and needles', hot shooting pain, or pain in another area of your body whilst foam rolling, stop foam rolling immediately and seek advice from an appropriate medical professional, such as a general practitioner or physiotherapist.

In your rehabilitation sessions, I recommend that you foam roll first to help lengthen myofascial fibres before stretching.

POSTURE

What is posture?

Posture refers to the collective positioning of muscles and bones within the body. Together, these work together to allow movement as virtually every bone/joint in our body provides attachments for one or several muscles.

When someone has 'good posture' there is minimal amounts of negative stress or strain placed on muscles and ligaments during movement or weight-bearing activities (i.e. resistance training).



Why is it important?

Ensuring that you have good posture is important for a number of reasons. For example, good posture:

- increases efficiency of working muscles by enabling maximal range of movement
- decreases abnormal wearing down of joints, which could eventually result in arthritis

- prevents strain or overuse problems
- prevents general aching, numbness and/or stabbing pains through muscles

This highlights the importance of rehabilitation through stretching and foam rolling in order to correct posture abnormalities.

What are some common posture abnormalities?

Posture abnormalities arise when there is an imbalance in the muscles on either side of a joint. Generally speaking, one (or more) muscles are tight and others are weak. This imbalance can significantly affect posture by changing the alignment of that joint, which in turn, can cause misalignment with other joints in your body. This could potentially lead to decreased range of motion, pain, and increased risk of injury due to strain or incorrect use. This can result because smaller muscles have started to take on the load of larger muscles.

Such imbalances can occur at virtually every joint within the body, however two

common postural abnormalities of the back are *kyphosis* and *lordosis*.



Lordosis or ‘sway back’ is characterised by the excessive curvature of the lower spine. People with lordotic posture tend to have a defined ‘C’ shape in their lower spine, which may cause their glutes and stomach to poke out.

Lordosis is often caused by tight hip flexors (muscles that run along the front of your hips) and lumbar erector muscles, as well as weak glutes ('bum') and lower abdominal muscles. It is very common for people with lordosis to suffer from an

aching lower back, especially during ab exercises.



Kyphosis or ‘rounded shoulders’ is characterised by the excessive rounding of the upper back, which leads to a ‘hunchback’ appearance. This posture is particularly common in big-busted women.

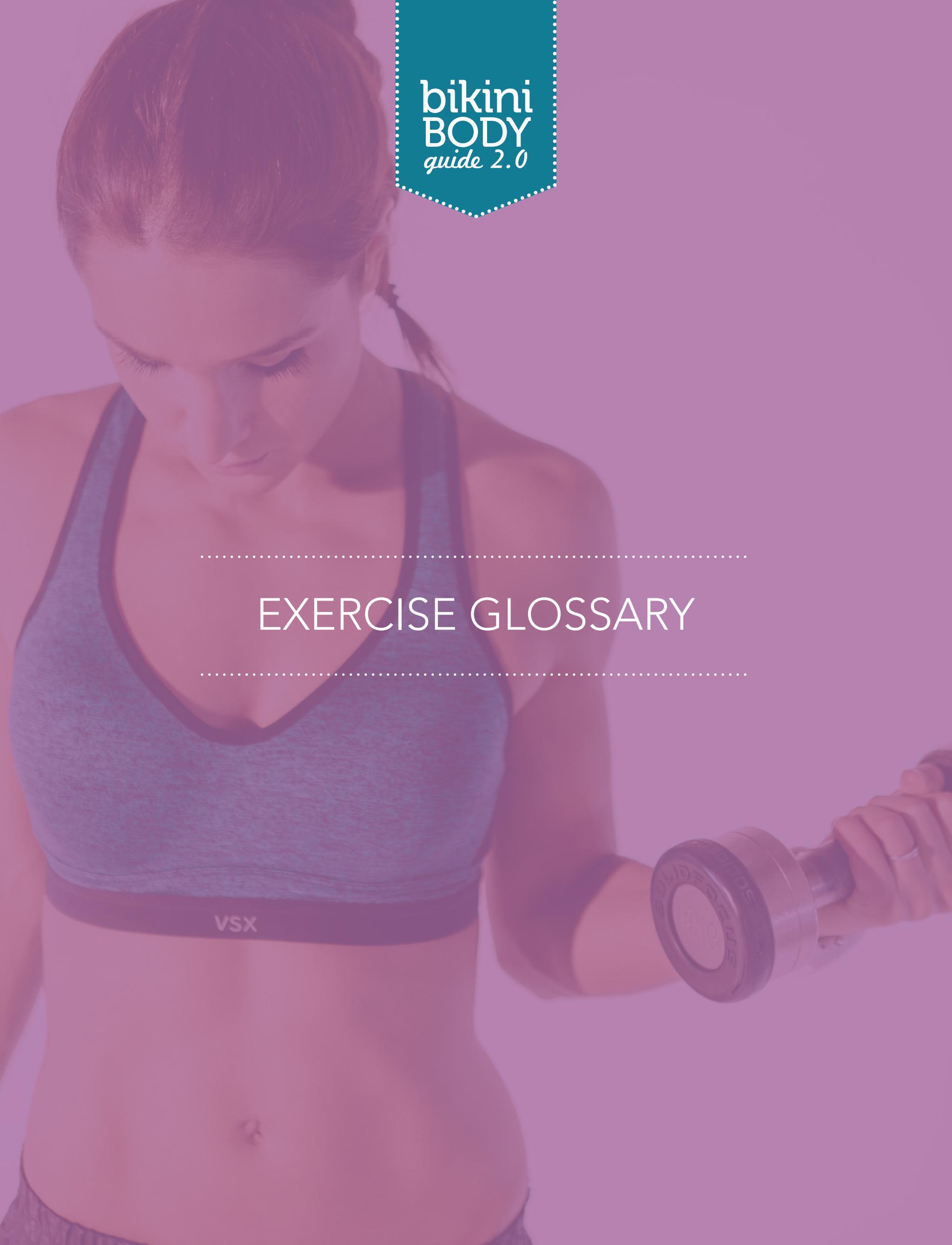
Kyphosis is often caused by tight pec (chest) muscles and upper abdominals, as well as weak rhomboids (muscle between your shoulder blades) and traps (back/neck muscles).

How can we improve posture?

It is possible to improve these postural abnormalities by stretching and foam-rolling to help restore balance.

For individuals with lordotic posture, it is important that individuals focus on stretching their hip flexors (see page 81) and strengthen their lower abdominals and glutes through proper activation of these muscles before/during training.

For individuals with kyphotic posture, it is important to stretch and foam roll your pec (chest) muscles (see pages 82 and 84) and stretch your upper abdominals (see page 82). It is also important to strengthen your back through ‘rowing’ or ‘reverse fly’ type exercises (e.g. bent over reverse fly).

A woman with blonde hair tied back in a ponytail is shown from the waist up. She is wearing a grey tank top and grey leggings. She is holding a silver dumbbell in her right hand, performing a bicep curl. Her left arm is bent at the elbow with her hand resting against her chest. The background is a soft-focus studio setting.

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BODY
guide 2.0

EXERCISE GLOSSARY

AB BIKES

bikini
BODY
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1. Start by lying flat on your back on a yoga mat with your feet extended out in front of you.
2. Bend your elbows to place your hands behind your earlobes. Bend your knees and position your feet so that they create a 90-degree angle with your hips.
3. Gently raise both feet off of the floor and slowly lift your head and your shoulder blades off of the floor. This is your starting position.
4. From this position, extend your **RIGHT** leg so that it is approximately 45 degrees from the floor, whilst simultaneously bringing your **LEFT** knee into your chest. This creates a 'pedalling/bike-like' motion.
5. Immediately after you have brought your knee into your chest, extend your **LEFT** leg completely so that it is 45 degrees from the floor and bring your **RIGHT** knee into your chest. This creates a 'pedalling/bike-like' motion.
6. Once you have grasped the movement, incorporate a twist with the upper body, which can be achieved by meeting the knee with the opposite elbow. For example, as you bring the **RIGHT** knee into the chest, twist your upper body over to the right so that it can meet your **LEFT** elbow.
7. Repeat Steps 4-6.



BARBELL CLOSE SQUAT

bikini
BODY
guide 2.0

1. Carefully place the barbell (10-20kg) horizontally on the floor in front of you.
2. To safely pick up the barbell, position your feet under or as close to the barbell as possible slightly further than shoulder width apart. Run your hands along the outside of your leg and bend at both the hips and knees until you are able to firmly grip the barbell (ensure that the palms of your hands are facing towards you).
3. Looking straight ahead, push up through your heels and return to a neutral standing position while keeping your arms extended.
Ensure that your elbows remain ‘soft’.
4. Bend your knees slightly and, at the same time, push through your heels to return to neutral standing position and bend your elbows to bring the barbell forwards and upwards into your chest. Your palms should now be facing forward.
5. Extend your arms and press the barbell up above your head. Make sure that your chin is tucked in to avoid hitting yourself.
6. Gently lower the barbell behind your head allowing it to rest on the lower portion of your neck. Ensure that you pull your shoulders down and back slightly, pushing your chest out.
7. Plant both feet on the floor approximately a fist width apart with toes pointing forward.
8. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point towards your toes.



BARBELL CLOSE SQUAT

9. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips.
10. Push up through your heels to return to standing position.
11. Repeat Steps 8-10.

VARIATION: CLOSE SQUAT

If you do not have access to a barbell or wish to reduce the difficulty of this exercise, repeat Steps 8-10 without weights as shown.



BARBELL SIT SQUAT

bikini
BODY
guide 2.0

1. Start by placing a bench horizontally behind you and position yourself directly in front of it.
2. Facing away from the bench, carefully place the barbell (10-20kg) horizontally on the floor in front of you.
3. To safely pick up the barbell, position your feet under or as close to the barbell as possible slightly further than shoulder width apart. Run your hands along the outside of your leg and bend at both the hips and knees until you are able to firmly grip the barbell. Ensure that the palms of your hands are facing towards you.
4. Looking straight ahead, push up through your heels and return to a neutral standing position while keeping your arms extended. Ensure that your elbows remain ‘soft’.
5. Bend your knees slightly and, at the same time, push through your heels to return to neutral standing position and bend your elbows to bring the barbell forwards and upwards into your chest. Your palms should now be facing forward.
6. Extend your arms and press the barbell up above your head. Make sure that your chin is tucked in to avoid hitting yourself.
7. Gently lower the barbell behind your head allowing it to rest on the lower portion of your neck. Ensure that you pull your shoulders down and back slightly, pushing your chest out.
8. Plant both feet on the floor slightly further than shoulder width apart. Point feet slightly outward.
9. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.



BARBELL SIT SQUAT

10. Continue bending your knees until you are able to lightly sit on the bench behind you, ensuring that your back remains between 45 and 90 degrees of your hips. This is not a ‘relaxed’ sit like you would in a chair. Your leg muscles should still be active while in this position.
11. Squeeze your glutes (‘bum’) and push up through your heels to return to a neutral standing position.
12. Repeat Steps 9-11.

VARIATION: SIT SQUAT

If you do not have access to a barbell or would like to reduce the difficulty of this exercise, you may choose to perform it without weights as shown.



BARBELL SQUAT PULSE

bikini
BODY
guide 2.0

1. Carefully place the barbell (10-20kg) horizontally on the floor in front of you.
2. To safely pick up the barbell, position your feet under or as close to the barbell as possible slightly further than shoulder width apart. Run your hands along the outside of your legs and bend at both the hips and knees until you are able to firmly grip the barbell. Ensure that the palms of your hands are facing towards you.
3. Looking straight ahead, push up through your heels and return to a neutral standing position while keeping your arms extended. Ensure that your elbows remain ‘soft’.
4. Bend your knees slightly and, at the same time, push through your heels to return to neutral standing position and bend your elbows to bring the barbell forwards and upwards into your chest. Your palms should now be facing forward.
5. Extend your arms and press the barbell up above your head. Make sure that your chin is tucked in to avoid hitting yourself.
6. Gently lower the barbell behind your head allowing it to rest on the lower portion of your neck. Ensure that you pull your shoulders down and back slightly, pushing your chest out.
7. Plant both feet on the floor slightly wider than shoulder width apart. Point feet slightly outward.
8. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.



BARBELL SQUAT PULSE

9. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips. This is your starting position.
10. Push up through your heels and extend your knees slightly so that you come halfway up from the squat.
11. Immediately after, bend through your knees so that you are in a slightly deeper squat than starting position.
12. Push up through your heels to return to starting position.
13. Repeat Steps 10-12.

BENT OVER REVERSE FLY

bikini
BODY
guide 2.0

1. Plant both feet on the floor slightly further than shoulder width apart. Point feet slightly outward.
2. Hold one dumbbell (2-4kg) in each hand and place these slightly in front of your legs with arms extended.
3. Bend forwards from the hips only until tension is felt in your hamstrings (back of your legs) before bending your knees slightly as shown.
4. If necessary, reposition the dumbbells so that they are together directly below your chest, still with arms extended. Ensure that you pull your shoulders down and back slightly, pushing your chest out. This is your starting position.
5. From this position, raise your arms upwards and outwards (like a bird) until the dumbbells reach shoulder height. You should feel a squeeze between your shoulder blades.
6. Gently lower the dumbbells back to starting position in front of your body.
7. Repeat Steps 5-6.



BOX JUMPS

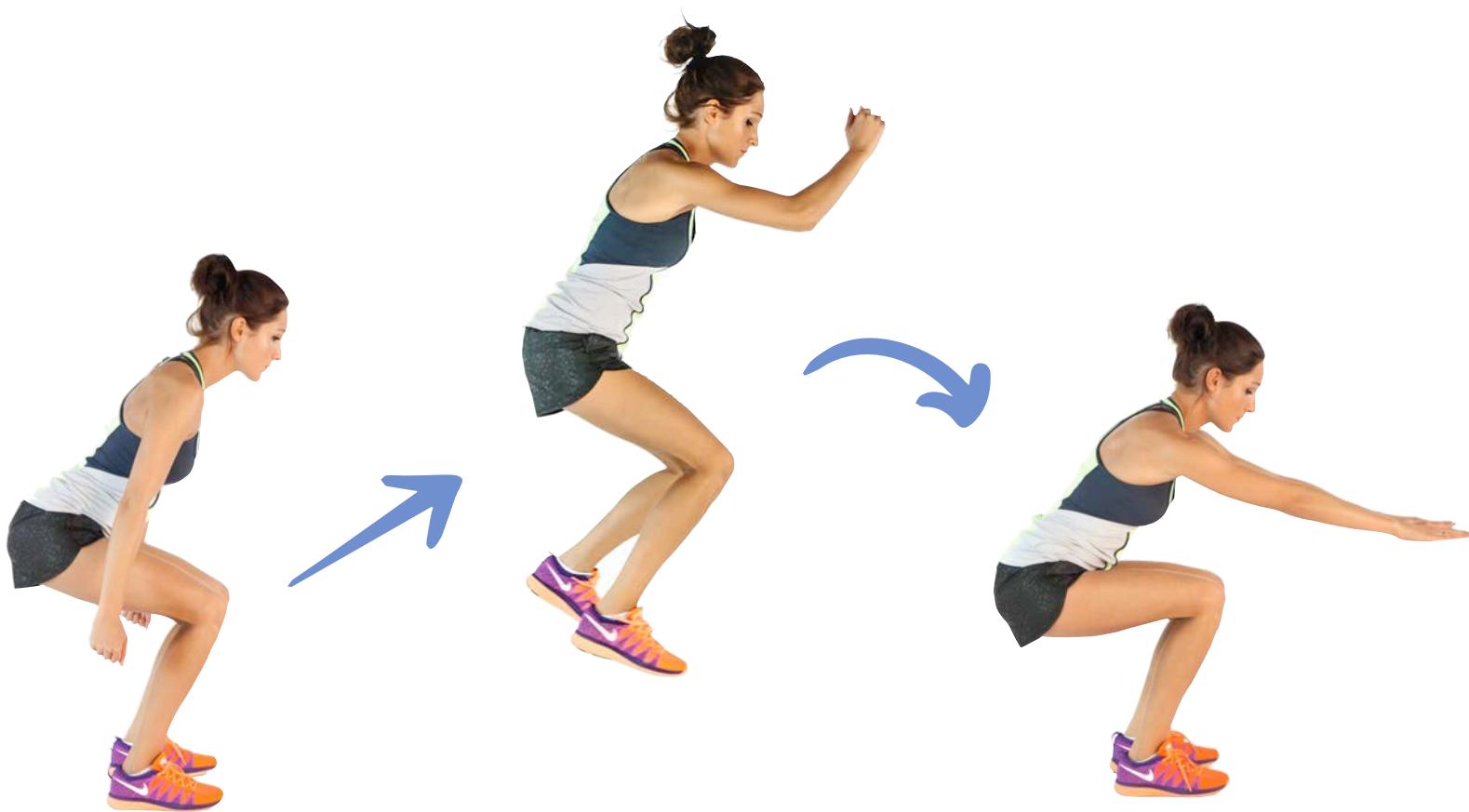
bikini
BODY
guide 2.0

1. Start by placing one bench (30cm+) horizontally directly in front of you and taking one large step backwards.
2. Facing the bench, stand with your feet slightly further than shoulder width apart bending both your hips, ensuring that your knees point towards your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips. This is called squat position.
4. From this position, propel your body upwards and forwards, landing back in squat position on the bench. When landing, ensure that you land through the balls of your feet first before rolling through the balls of your feet first before rolling through the flat and heel and maintain ‘soft’ knees to prevent injury.
5. Carefully jump backwards off of the bench and onto the floor, landing in squat position.
6. Repeat Steps 4-5.



BROAD JUMPS

1. Plant both feet on the floor slightly further than shoulder width apart with toes pointing forwards.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips. This is called squat position.
4. From this position, propel your body upwards and forwards, landing back in squat position. When landing, ensure that you land through the balls of your feet first before rolling through the balls of your feet first before rolling through the flat and heel and maintain 'soft' knees to prevent injury.
5. Repeat Step 4.



BROAD JUMP BURPEE

bikini
BODY
guide 2.0

1. Plant both feet on the floor slightly further than shoulder width apart. Point feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips. This is called squat position.
4. From this position, propel your body upwards and forwards, landing back in squat position. When landing, ensure that you land through the balls of your feet first before rolling through the balls of your feet first before rolling through the flat and heel to maintain ‘soft’ knees to prevent injury.
5. Lean your body forward slightly so that you are able to place your hands on the floor in front of you.
6. Keeping your body weight on your hands, kick your feet backwards so that your legs are completely extended resting on the balls of your feet. This is called push up position.
7. Transfer your body weight onto your hands and jump your feet in towards your hands.
8. Press through your heels and return to neutral standing position.
9. Repeat Steps 4-8.

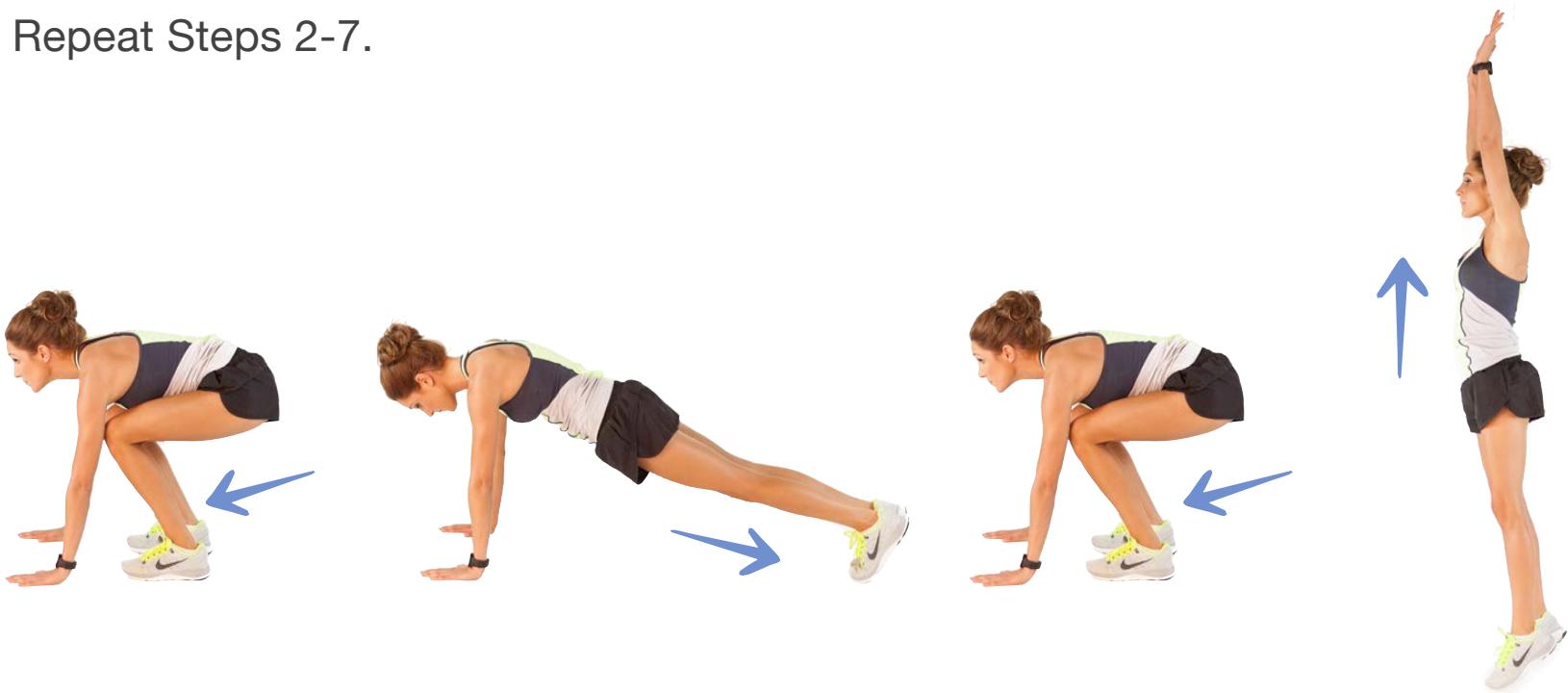
BROAD JUMP BURPEE



BURPEE

bikini
BODY
guide 2.0

1. Plant both feet on the floor slightly wider than shoulder width apart.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips.
4. Lean your body forward slightly so that you are able to place your hands on the floor in front of you.
5. Keeping your body weight on your hands, kick your feet backwards so that your legs are completely extended resting on the balls of your feet. This is called push up position.
6. Transfer your body weight onto your hands and jump your feet in towards your hands.
7. From this position, propel your body upwards in one explosive movement before landing in neutral standing position. When landing, ensure that you land through the balls of your feet first before rolling through the flat and heel and maintain ‘soft’ knees to prevent injury.
8. Repeat Steps 2-7.

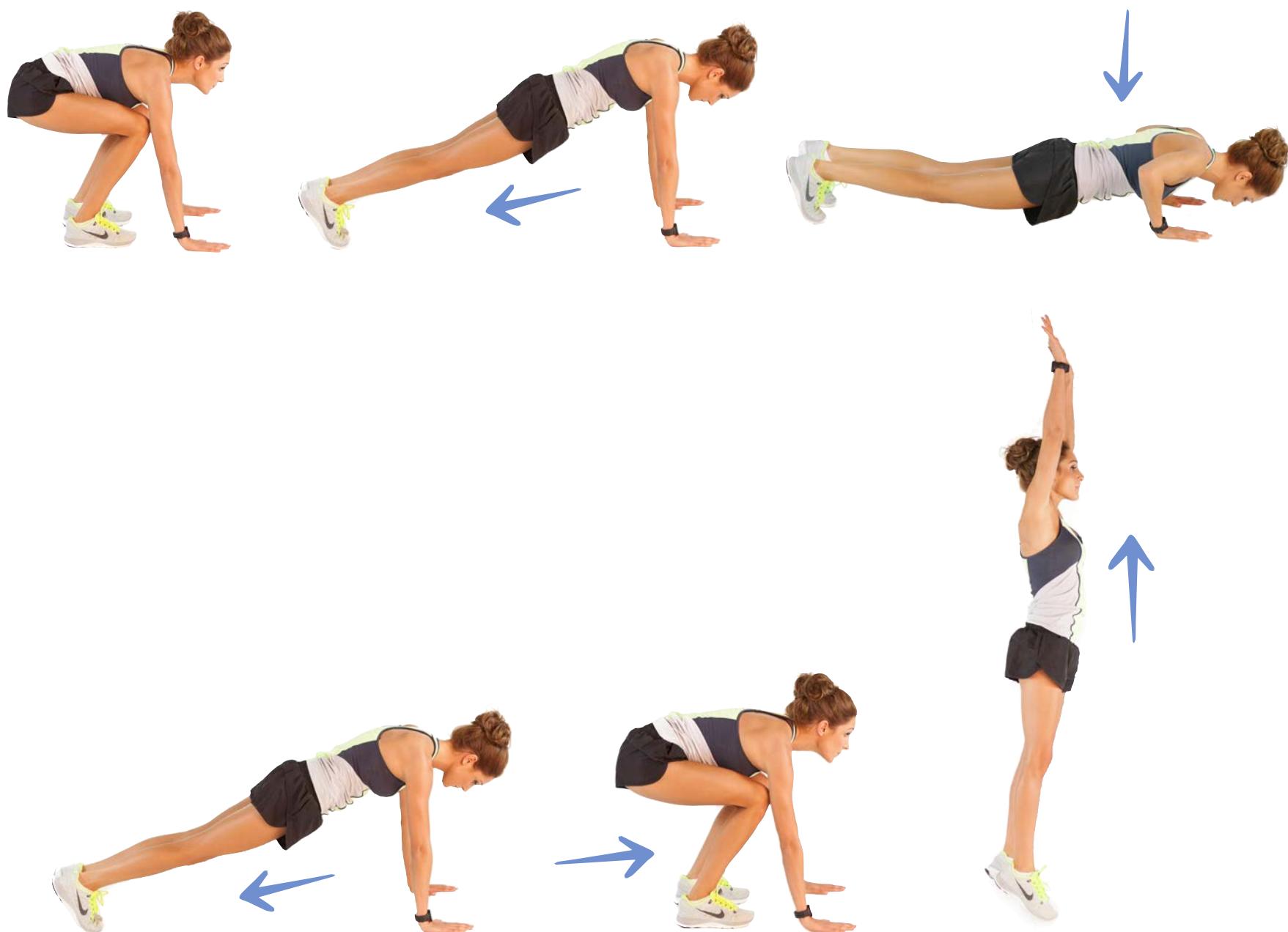


BURPEE + PUSH UP

bikini
BODY
guide 2.0

1. Plant both feet on the floor slightly wider than shoulder width apart.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips.
4. Lean your body forward slightly so that you are able to place your hands on the floor in front of you.
5. Keeping your body weight on your hands, kick your feet backwards so that your legs are completely extended resting on the balls of your feet. This is called push up position.
6. Whilst keeping your back straight and stabilising through your abdominal muscles, bend your elbows and lower your torso to the floor until your arms form a 90 degree angle.
7. Push through your chest and extend your arms to lift your body back into push up position.
8. Transfer your body weight onto your hands and jump your feet in towards your hands.
9. From this position, propel your body upwards in one explosive movement before landing in neutral standing position. When landing, ensure that you land through the balls of your feet first before rolling through the flat and heel and maintain ‘soft’ knees to prevent injury.
10. Repeat Steps 2-9.

BURPEE + PUSH UP

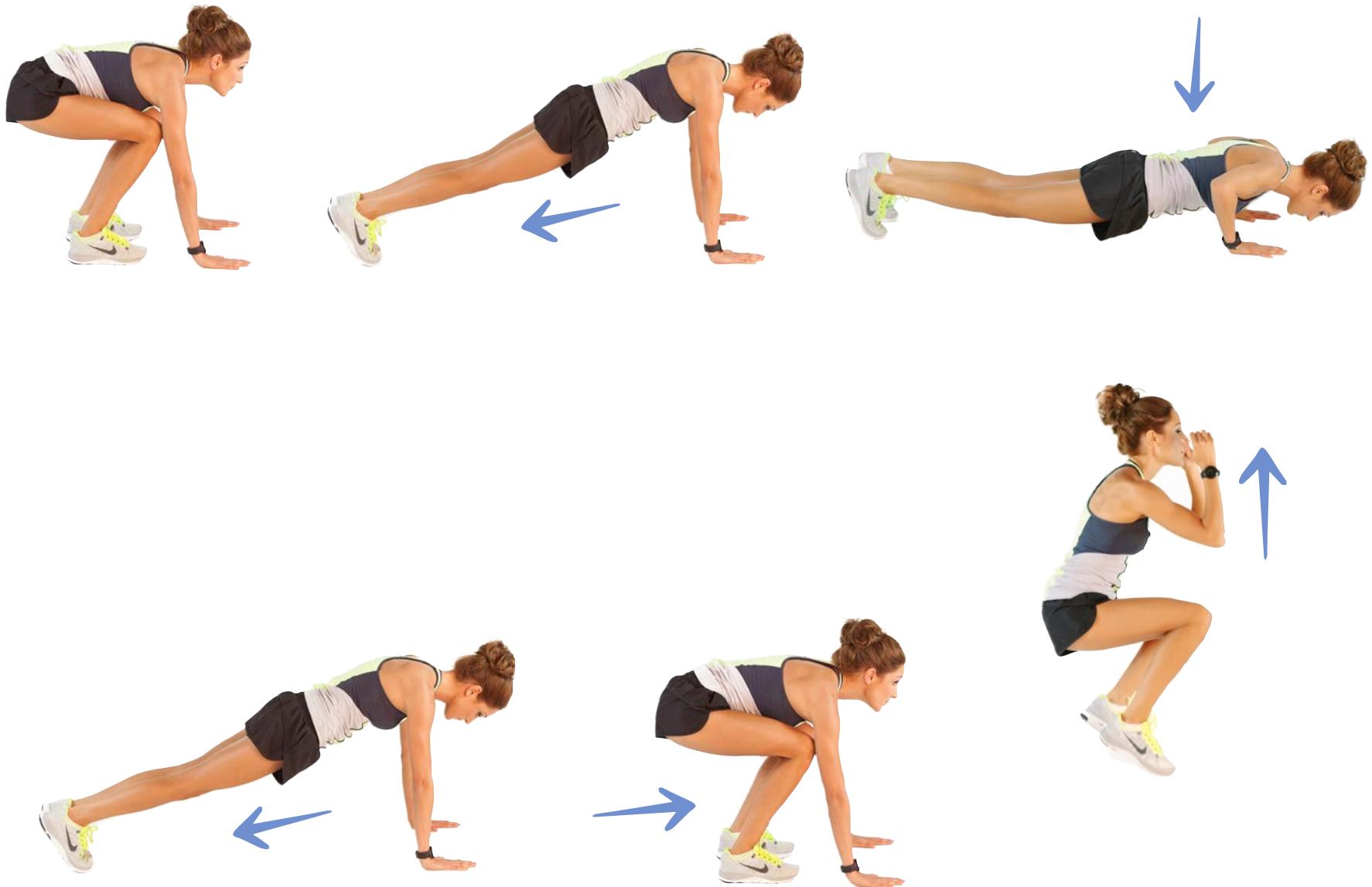


BURPEE + PUSH UP + TUCK JUMP

bikini
BODY
guide 2.0

1. Plant both feet on the floor slightly wider than shoulder width apart.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips. This is called squat position.
4. Lean your body forward slightly so that you are able to place your hands on the floor in front of you.
5. Keeping your body weight on your hands, kick your feet backwards so that your legs are completely extended resting on the balls of your feet. This is called push up position.
6. Whilst keeping your back straight and stabilising through your abdominal muscles, bend your elbows and lower your torso to the floor until your arms form a 90 degree angle.
7. Push through your chest and extend your arms to lift your body back into push up position.
8. Transfer your body weight onto your hands and jump your feet in towards your hands.
9. From this position, propel your body upwards into the air as high as you can, while simultaneously tucking in both your elbows and knees.
10. Release and extend both your elbows and knees, landing in squat position. When landing, ensure that you land through the balls of your feet first before rolling through the flat and heel and maintain ‘soft’ knees to prevent injury.
11. Repeat Steps 2-10.

BURPEE + PUSH UP + TUCK JUMP



CATERPILLAR WALK

bikini
BODY
guide 2.0

1. Plant both feet on the floor approximately shoulder width apart. Point feet slightly outward.
2. Bend at both the hips and knees and lean your body forward slightly so that you are able to place your hands on the floor in front of you. Ensure that your hands are slightly further than shoulder width apart.
3. Walk your hands forwards until you are in push up position, resting on the balls of your feet.
4. Whilst keeping your back straight and stabilising through your abdominal muscles, bend your elbows and lower your torso to the floor until your arms form a 90-degree angle.
5. Push through your chest and extend your arms to lift your body back into push up position.
6. Transfer your body weight onto your hands and jump your feet in towards your hands.
7. Repeat Steps 3-6.



COMMANDOS

bikini
BODY
guide 2.0

1. Start by placing your forearms (wrist to elbow) on the floor and linking your fingers together and resting on the balls of your feet. This is called a plank position.
2. Release your left forearm and place your left hand firmly on the floor slightly outside of your shoulder and adjust your body weight accordingly.
3. Push up onto your left hand, followed immediately by your right in the same pattern, and readjust your body weight to the middle.
4. Return to plank position by releasing your left hand and lowering onto your forearm, before doing the same with your right hand.
5. Repeat Steps 2-4, starting with your right hand.



DECLINE PUSH UPS

1. Start on your hands and knees with a flat bench (30cm+) behind you. Place both hands on the floor slightly further than shoulder width apart and feet extended directly behind you on a flat bench still resting on the balls of your feet. This is your starting position.
2. Whilst keeping your back straight and stabilising through your abdominal muscles, bend your arms and lower your torso to the floor. As you reach the floor, look up slightly so as to avoid hitting your head/nose.
3. Once you are as far down as possible without compromising your form, push through your chest and extend your arms to lift your body back into starting position. Ensure that your elbows remain ‘soft’ and that you do not lock them out completely.
4. Repeat Steps 2-3.



DROP PUSH UPS

bikini
BODY
guide 2.0

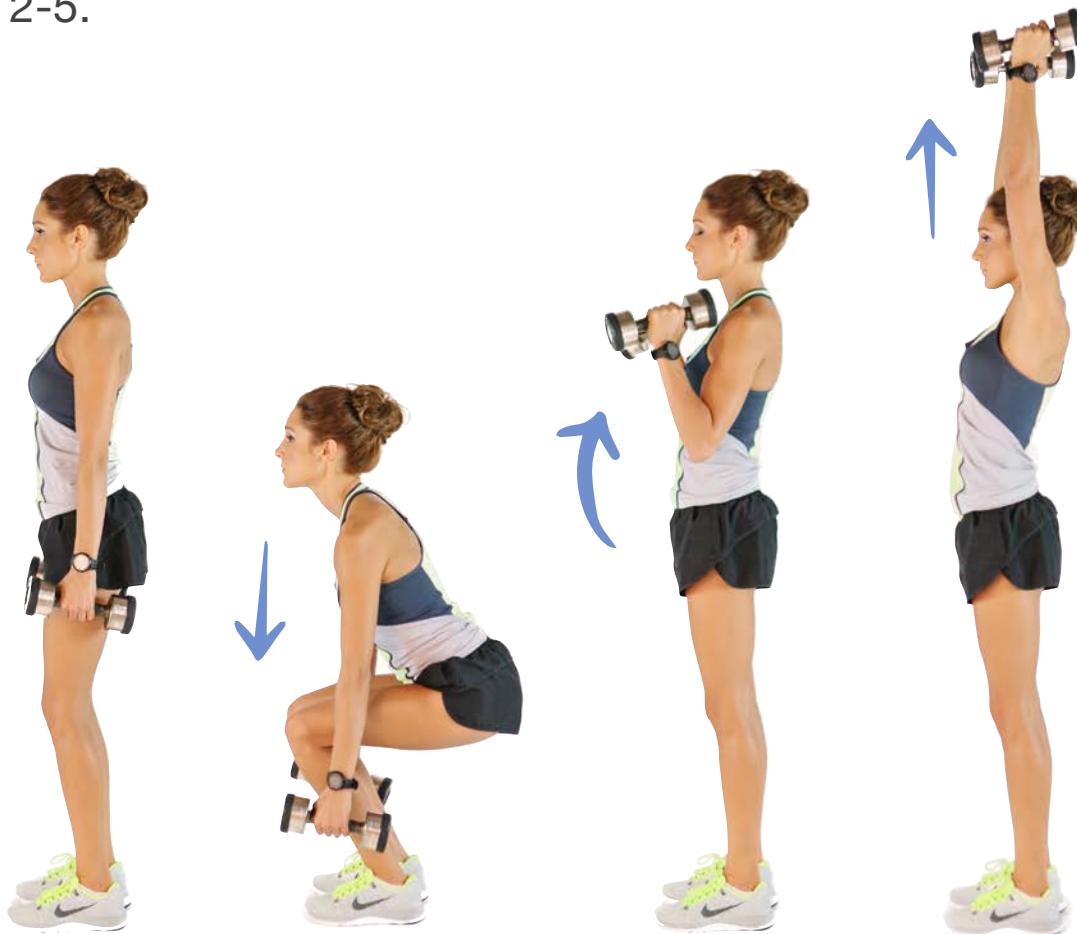
1. Plant both feet on the floor slightly further than shoulder width apart. Point feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips.
4. Lean your body forward slightly so that you are able to place your hands on the floor in front of you, ensuring that your hands are slightly wider than shoulder-width apart.
5. Kick your feet backwards, and as soon as your feet touch the floor behind you, lower your torso towards the floor until your arms form a 90 degree angle. Ensure that your back remains straight and that you stabilise through your abdominal muscles.
6. Push through your chest and extend your arms to lift your body back into push up position.
7. Transfer your body weight onto your hands and jump your feet in towards your hands and stand up. Do not jump.
8. Repeat Steps 4-7.



DUMBBELL SQUAT AND PRESS

bikini
BODY
guide 2.0

1. Holding one dumbbell (3-8kg) in each hand on either side of your body, plant both feet on the floor slightly further than shoulder width apart. Point feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point towards your toes, allowing the dumbbells to gently run down the outside of your legs.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips.
4. Push through your heels and, using the power generated by your legs, press the dumbbells up above your head as you return to standing position. Make sure that the head of the dumbbells face forwards at all times so as to prevent hitting yourself.
5. Gently lower the dumbbells by firstly bringing them into your chest before extending your arms downwards and bringing them down by your sides.
6. Repeat Steps 2-5.



IN AND OUT JUMP SQUATS

bikini
BODY
guide 2.0

1. Plant both feet on the floor wider than shoulder width apart. Point feet slightly outwards.
2. Looking straight ahead, bend at both the hips and knees, ensuring that you knees point towards your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips.
4. Lean your body forward slightly so that you are able to touch the floor in front of you with your fingers. This is called sumo squat position.
5. Push up through your heels, and in one explosive movement, propel your body upwards into the air.
6. While in the air, extend and reposition your legs to land in close squat position, with your feet a fist width apart. When landing, ensure that you land through the balls of your feet first before rolling through the flat and heel and maintain ‘soft’ knees to prevent injury.
7. Push up through your heels, and in one explosive movement, propel your body upwards into the air.
8. While in the air, extend and reposition your legs to land in sumo squat position.
9. Repeat Steps 5-8.

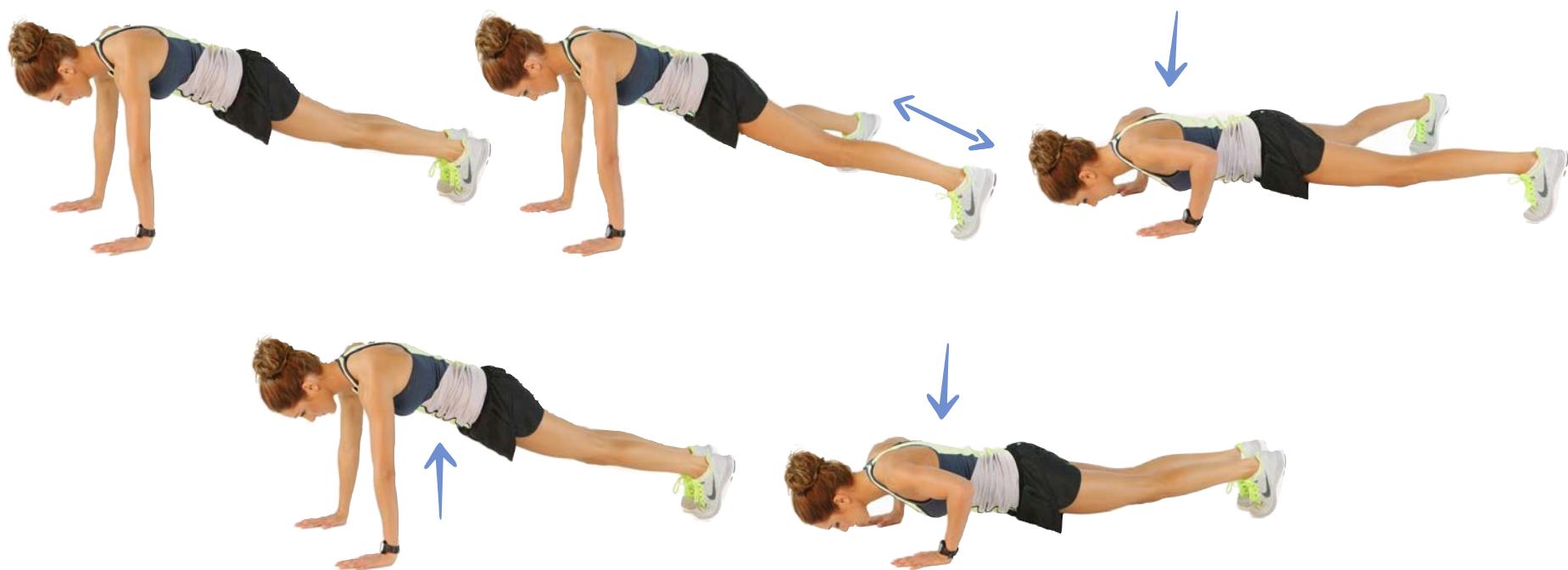
IN AND OUT JUMP SQUATS



IN AND OUT PUSH UPS

bikini
BODY
guide 2.0

1. Place both hands on the floor slightly further than shoulder width apart and feet together behind you resting on the balls of your feet. This is your starting position.
2. Quickly pick up both of feet and jump them outwards so that they wider than your hips. Ensure that your upper body remains stable.
3. Bend your elbows and lower your torso to the floor until your arms form a 90 degree angle, ensuring that your back remains straight and stabilising through your abdominal muscles.
4. Push through your chest and extend your arms to lift your body back up into push up position with your feet still apart.
5. Quickly pick up both of feet and jump them inwards to bring your feet back together.
6. Bend your elbows and lower your torso to the floor until your arms form a 90 degree angle.
7. Push through your chest and extend your arms to lift your body back into starting position.
8. Repeat Steps 2-7.



JUMP LUNGES

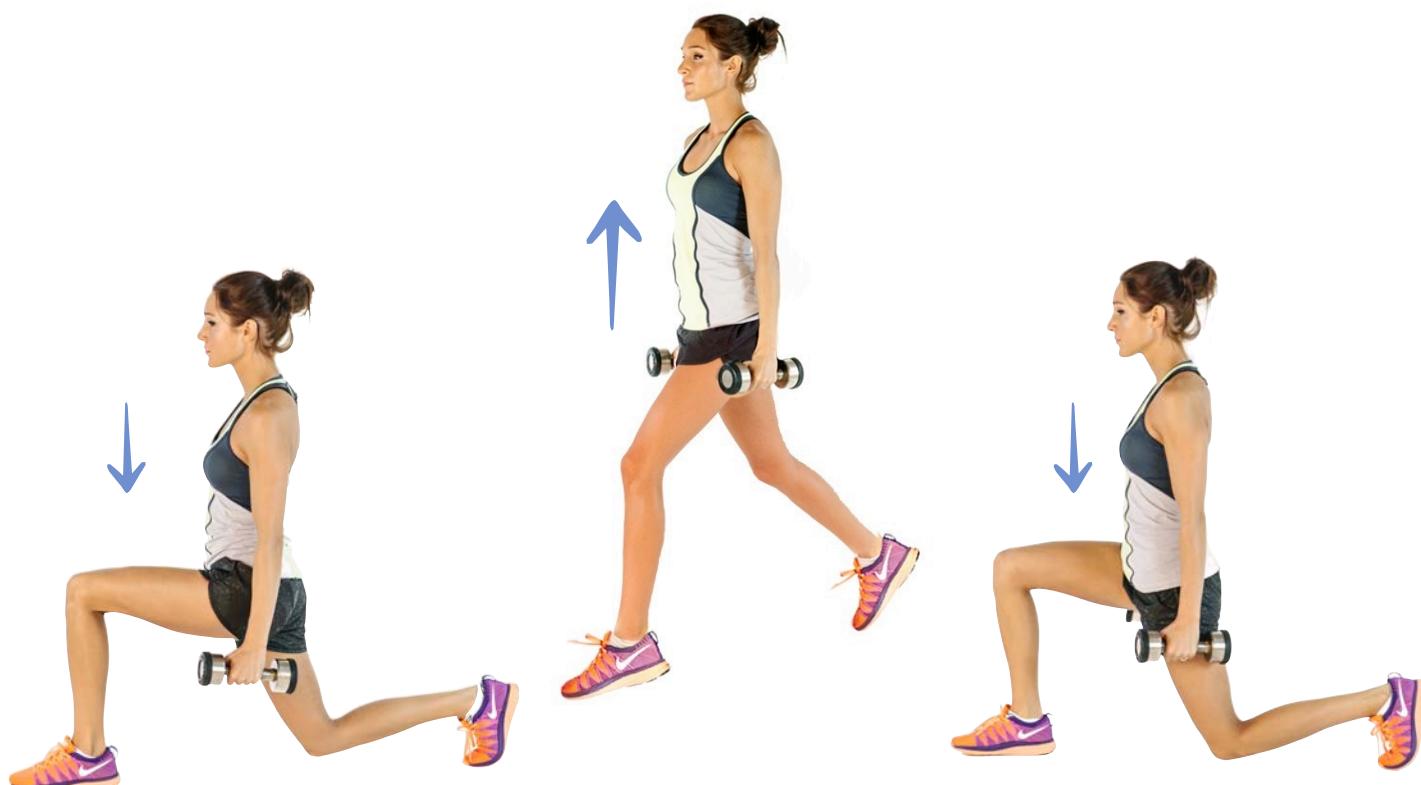
(WITH OR WITHOUT WEIGHTS)

bikini
BODY
guide 2.0

1. Ensuring your shoulders are back and chest out, plant both feet on the floor slightly further than shoulder width apart.
2. Place your hands by your side or, if using weights, hold one dumbbell (3-8kg) in each hand.
3. Take a big step forward with your LEFT foot.
4. As you plant your left foot on the floor, bend both knees at approximately 90 degrees. If done correctly, your front knee should be aligned with your ankle and your back should be hovering just off of the floor. This is called a lunge position.
5. From this position, propel your body upwards in one explosive movement.
6. Whilst in the air, extend and reposition your legs so that you land in lunge position with your RIGHT leg forward and LEFT leg back.
7. Propel your body upwards in one explosive movement
8. Whilst in the air, extend and reposition your legs so that you land in lunge position with the LEFT leg forward and RIGHT leg back.
9. Repeat Steps 4-8.



JUMP LUNGES



With Weights

JUMP SQUATS

bikini
BODY
guide 2.0

1. Plant both feet on the floor slightly further than shoulder width apart. Point feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips. This is called squat position.
4. Once in this position, propel your body upwards into the air, extending your legs before landing back into squat position. When landing, ensure that you land through the balls of your feet first before rolling through the flat and heel and maintain ‘soft’ knees to prevent injury.
5. Repeat Step 4.



KETTLEBELL SUMO SQUAT

bikini
BODY
guide 2.0

1. Plant both feet on the floor wider than shoulder width apart. Point feet slightly outward.
2. With both hands, hold a single kettle bell (8-15kg) between your legs directly in front of your body with arms extended. This is your starting position.
3. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point towards your toes.
4. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips.
5. Push up through your heels to return to a starting position.
6. Repeat Steps 3-5.

If you do not have access a kettle bell, you can always replace it with a single dumbbell (8-15kg) and hold the head of one end with both hands, a barbell, or without weights.



KETTLEBELL SUMO SQUAT

BARBELL SUMO SQUAT

Recommended Weight Range: 10-20kg

- If using a barbell, follow these cues to safely get the barbell onto your back and follow Steps 3-5.
- Carefully place the barbell horizontally on the floor in front of you.
- Position your feet under or as close to the barbell as possible slightly further than shoulder width apart. Run your hands along the outside of your leg and bend at both the hips and knees until you are able to firmly grip the barbell. Ensure that the palms of your hands are facing towards you.
- Looking straight ahead, push up through your heels and return to a neutral standing position while keeping your arms extended. Ensure that your elbows remain ‘soft’.
- Bend your knees slightly and, at the same time, push through your heels to return to neutral standing position and bend your elbows to bring the barbell forwards and upwards into your chest. Your palms should now be facing forward.
- Extend your arms and press the barbell up above your head. Make sure that your chin is tucked in to avoid hitting yourself.
- Gently lower the barbell behind your head allowing it to rest on the lower portion of your neck. Ensure that you pull your shoulders down and back slightly, pushing your chest out.



SUMO SQUAT (WITHOUT WEIGHTS)

To reduce the difficulty of this exercise, you may choose to perform it without weights as shown.



KNEE UPS (WITH OR WITHOUT WEIGHTS)

bikini
BODY
guide 2.0

1. Start by placing the bench horizontally in front of you.
2. Ensuring your shoulders are back and chest out, plant both feet on the floor slightly further than shoulder width apart.
3. Place your hands by your side or, if using weights, hold one dumbbell (5-10kg) in each hand.
4. Firmly plant your ENTIRE right foot on the bench making sure your knee is not over your toes.
5. Straighten your right leg, but ensure that you focus on pushing through the heel so that you work your glutes ('bum') and hamstrings, rather than pushing through your toes, which places additional pressure on your shins, knees and quadriceps.
6. As you straighten your right leg, bend your LEFT knee and bring your leg in towards your chest as shown.
7. Release your left leg from your chest and place it back it floor.
8. Repeat Steps 5-7. Try to avoid 'resting' when you place your right foot back on the ground to minimise time between reps.
9. Repeat on left side.



LAY DOWN BURPEES

bikini
BODY
guide 2.0

1. Plant both feet on the floor slightly wider than shoulder width apart. Point feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips.
4. Lean your body forward slightly so that you are able to place your hands on the floor in front of you. This is your starting position.
5. Keeping your body weight on your hands, kick your feet backwards so that your legs are completely extended resting on the balls of your feet. This is called push up position.
6. Lower your body completely to the ground to release your hands out in front of you and then reposition them on either side of your chest.
7. Push through your chest and extend your arms to lift your body back up into push up position. Ensure that your back remains straight and that you stabilise through your abdominal muscles throughout the entire movement.
8. Transfer your body weight onto your hands and jump your feet in towards your hands.
9. From this position, propel your body upwards before landing in neutral standing position. Ensure that you land through the ball soft your feet first before rolling through the flat and heel and maintain ‘soft’ knees to prevent injury.
10. Repeat Steps 2-9.

LAY DOWN BURPEES



LAY DOWN PUSH UPS

bikini
BODY
guide 2.0

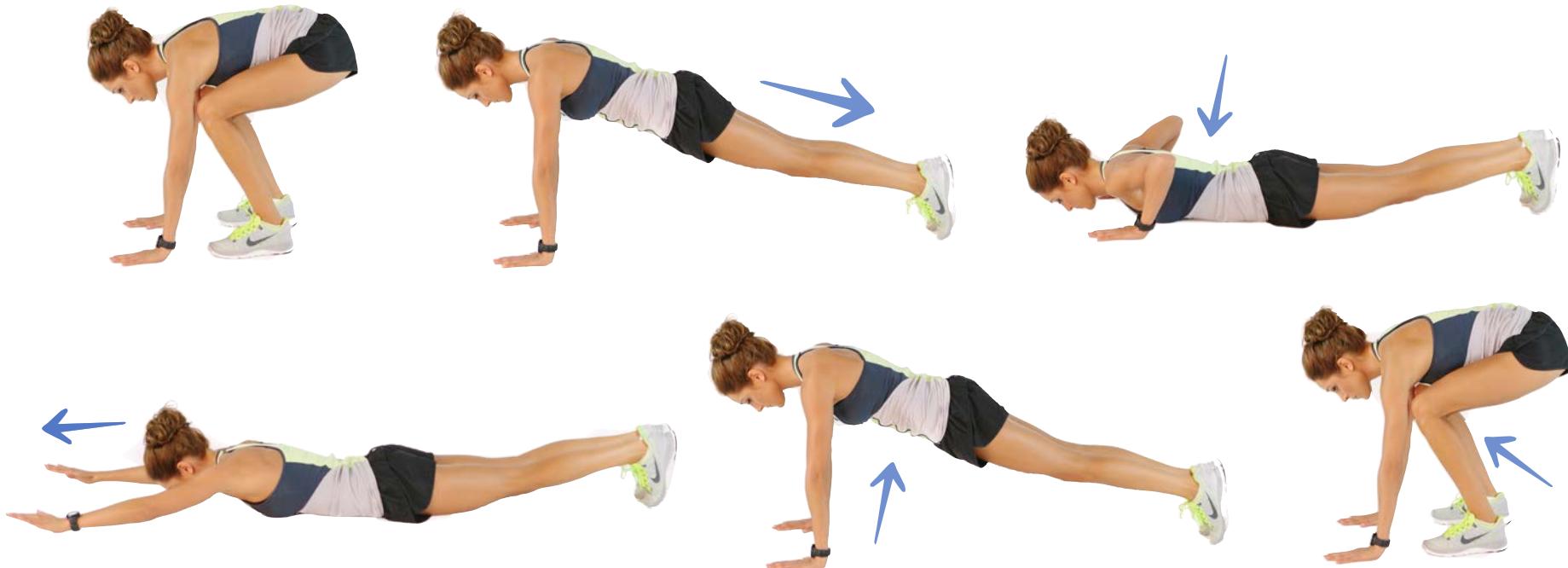
1. Start by lying flat on your stomach, with arms extended out in front of you and legs straight behind you with your feet slightly apart. Position your toes in towards the floor as shown.
2. Bring your arms in and place your hands on the floor on either side of your chest.
3. Push through your chest and extend your arms to lift your body back up so that you are resting on the balls of your feet. Ensure that your back remains straight and that you stabilise through your abdominal muscles throughout the entire movement.
4. Slowly lower your body completely to the floor and extend your arms out in front of you.
5. Repeat Steps 2-4.



LAY DOWN SNAP JUMPS

bikini
BODY
guide 2.0

1. Start by standing up with your feet slightly wider than shoulder width apart before bending both your hips and knees.
2. Lean your body forward slightly so that you are able to place your hands on the floor in front of you.
3. Keeping your body weight on your hands, kick your feet backwards so that your legs are completely extended resting on the balls of your feet. This is called push up position.
4. Lower your body completely to the floor to release your hands out in front of you and then reposition them on either side of your chest.
5. Push through your chest and extend your arms to lift your body back up into push up position. Ensure that your back remains straight and that you stabilise through your abdominal muscles throughout the entire movement.
6. Transfer your body weight onto your hands and jump your feet in towards your hands.
7. Repeat Steps 3-6.



MEDICINE BALL LUNGE + TWIST

bikini
BODY
guide 2.0

1. Holding a medicine ball (6-12kg) with both hands in front of your chest, plant both feet on the floor slightly further than shoulder width apart.
2. Take a big step forward with your **RIGHT** foot.
3. As you plant your left foot on the floor, bend both knees at approximately 90 degrees. If done correctly, your front knee should be aligned with your ankle and your back should be hovering just off of the floor. This is called a lunge position.
4. At the same time, twist your torso over your **RIGHT** leg, gently touch the outside of your hip with the medicine ball.
5. As you extend both knees, transfer your weight completely to your right foot and take a large step forward with your left foot.
6. Repeat Steps 3-5 on left side.

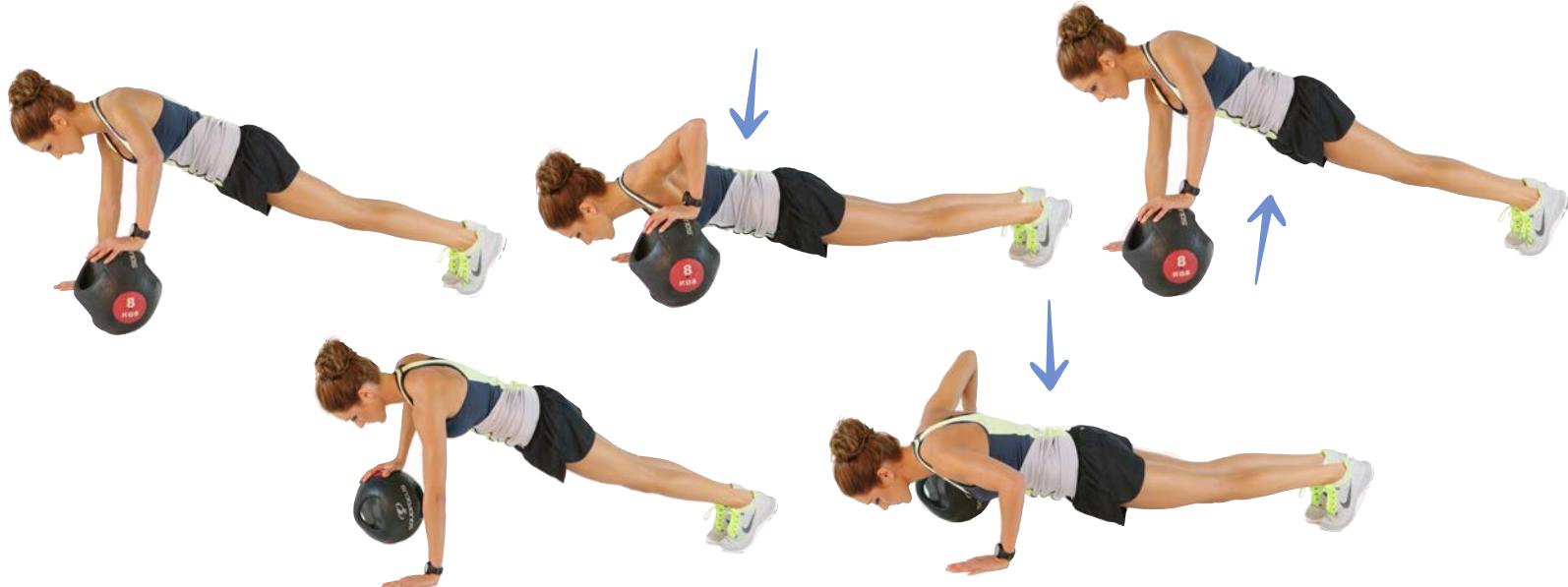
Note: Always ensure that you twist towards and over your **FRONT** leg with the medicine ball.



MEDICINE BALL PUSH UPS

bikini
BODY
guide 2.0

1. Collect a medicine ball and place it on the floor in front of you.
2. Carefully place your **RIGHT** hand on the floor and your **LEFT** hand on the top of the medicine ball. Ensure that your hands are slightly further than shoulder width apart and your feet are together behind you resting on the balls of your feet. This is your starting position.
3. While keeping your back straight and stabilising through your abdominal muscles, bend both of your elbows and lower your torso to the floor until your **RIGHT** arm forms a 90 degree angle.
4. Push through your chest and extend your arms to lift your body back into starting position.
5. Carefully push the medicine ball from your **LEFT** hand over to your **RIGHT**.
6. Bend both of your elbows and lower your torso to the floor until your **LEFT** arm forms a 90 degree angle.
7. Push through your chest and extend your arms to lift your body back into starting position.
8. Carefully push the medicine ball from your **RIGHT** hand over to your **LEFT**.
9. Repeat Steps 3-8.



MEDICINE BALL SQUAT & PRESS

bikini
BODY
guide 2.0

1. Holding a medicine ball (6-12kg) with two hands directly in front of your chest, plant both feet on the floor slightly further than shoulder width apart. Point feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips.
4. At the same time, push through your heels and extend your arms to press the medicine ball above your head as you return to standing position.
5. Lower the ball back into your chest.
6. Repeat Steps 2-5.



MOUNTAIN CLIMBERS

bikini
BODY
guide 2.0

1. Place both hands on the floor slightly further than shoulder width apart and feet together resting on the balls of your feet. This is your starting position.
2. Keeping your left foot on the floor, bend your **RIGHT** knee and lift your leg in towards your chest.
3. Extend your right leg and return to starting position.
4. Keeping your right foot on the floor, bend your **LEFT** knee and lift your leg in towards your chest.
5. Extend your right leg and return to starting position.
6. Repeat Steps 2-5. Increase speed so it is as if you are running on your hands, ensuring that the leg that is moving does not touch the floor.

Note: Each movement of the leg is equivalent to one rep.



MOUNTAIN CLIMBERS + PUSH UP

bikini
BODY
guide 2.0

1. Place both hands on the floor slightly further than shoulder width apart and feet together resting on the balls of your feet. This is your starting position.
2. Keeping your left foot on the floor, bend your **RIGHT** knee and lift your leg in towards your chest.
3. Extend your right leg and return to starting position.
4. Keeping your right foot on the floor, bend your **LEFT** knee and lift your leg in towards your chest.
5. Extend your right leg and return to starting position. Increase speed so it is as if you are running on your hands, ensuring that the leg that is moving does not touch the floor.
6. After completing four reps, bend your arms and lower your torso to the floor until your arms form a 90-degree angle. Ensure that you keep your back straight and stabilise through your abdominal muscles.
7. Push through your chest and extend your arms to lift your body back into starting position.
8. Repeat Steps 2-7.



PLANK

bikini
BODY
guide 2.0

1. Start by placing your forearms (elbow to wrist) firmly on the floor and linking your fingers together.
2. Raise your hips and torso off of the ground and rest on the balls of your feet, ensuring that your elbows are directly below your shoulders as shown.
3. Brace your abdominals and ensure that your body remains in one straight line from head to toe as shown.

CORRECT



INCORRECT



PLYO PUSH UPS

bikini
BODY
guide 2.0

1. Place both hands on the floor slightly further than shoulder width apart and feet together behind you resting on the balls of your feet.
2. Whilst keeping your back straight and stabilising through your abdominal muscles, bend your elbows and lower your torso to the floor until your arms form a 90 degree angle.
3. In one explosive movement, quickly push through your chest and extend your arms to lift your upper body back up and into the air.
4. Immediately after, place your hands back on the ground and land in the position described in Step 2.
5. Repeat Steps 3-4.



PUSH UPS

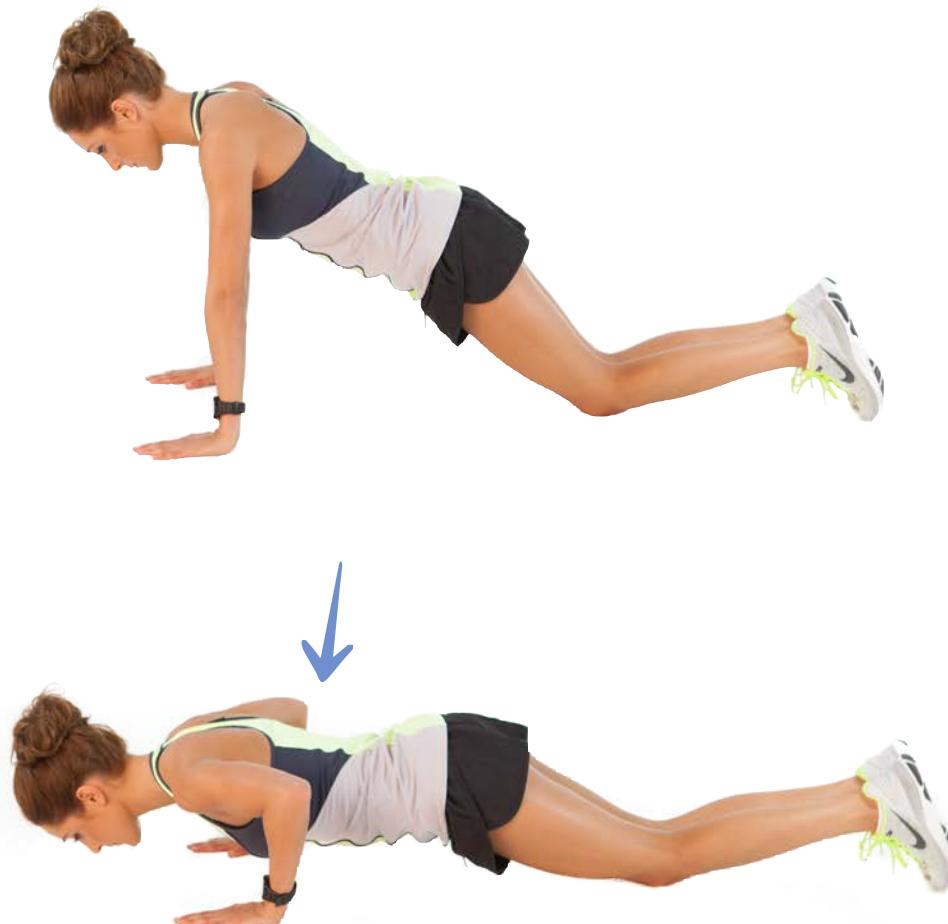
1. Place both hands on the floor slightly further than shoulder width apart and feet together behind you resting on the balls of your feet. This is your starting position.
2. Whilst keeping your back straight and stabilising through your abdominal muscles, bend your elbows and lower your torso to the floor until your arms form a 90 degree angle.
3. Push through your chest and extend your arms to lift your body back into starting position.
4. Repeat Steps 2-3.



PUSH UPS

VARIATION: PUSH UPS ON KNEES

To reduce the difficulty of this exercise, you may choose to perform these on your knees as shown.



RAISED LEG LUNGE

bikini
BODY
guide 2.0

1. Start by placing a bench (30cm+) horizontally behind you and position yourself directly in front of it.
2. Facing away from the bench, plant both feet on the floor slightly further than shoulder width apart. Ensure that your shoulders are back and chest out.
3. Place your LEFT foot on the bench behind you and carefully shuffle your RIGHT foot forward.
4. Bend both knees at approximately 90 degrees ensuring that your weight is evenly distributed between both legs. If done correctly, your right knee should be aligned with your right ankle. If your knee is past your toe, then you'll need to keep shuffling your right foot forward.
5. Squeeze your glutes ('bum') and push through your heel to extend your right leg.
6. Repeat Steps 4-5.
7. Repeat with your RIGHT foot on the bench and LEFT foot forward.



REVERSE LUNGE + KNEE LIFT

bikini
BODY
guide 2.0

1. Ensuring your shoulders are back and chest out, plant both feet on the floor slightly further than shoulder width apart.
2. Carefully take a big step BACKWARD with your RIGHT foot.
3. As you plant your right foot on the floor, bend both knees to approximately 90 degrees, ensuring that your weight is evenly distributed between both legs. If done correctly, your front knee should be aligned with your ankle and your back knee should be hovering just off of the floor.
4. Extend both knees and transfer your weight completely onto your LEFT foot. At the same time, lift up your RIGHT foot and bring your knee into your chest. Make sure that you push your hips forward at the end of the movement in order to maximize work done by the glutes ('bum').
5. Release your right leg from your chest and place it back on the floor behind you before bending both of your knees to 90 degrees.
6. Repeat Steps 4-5.
7. Repeat on left side.



REVERSE LUNGE + STEP UP

bikini
BODY
guide 2.0

1. Start by placing the bench horizontally in front of you.
2. Firmly plant your ENTIRE left foot on the bench making sure your knee is not over your toes.
3. Bend both of your knees to about 90 degrees, ensuring that your weight remains evenly distributed between both of your legs.
4. Transfer your weight onto your LEFT foot and straighten your leg by stepping up onto the bench. Make sure that you focus on pushing through your heel so that you work your glutes ('bum') and hamstrings rather than pushing through your toes, which places additional pressure on your shins, knees, and quadriceps.
5. At the same time, lift up your RIGHT foot and bring your knee into your chest as shown. Make sure that you push your hips forward at the end of the movement in order to maximize work done by the glutes ('bum').
6. Release your right leg from your chest and place it back on the floor.
7. Repeat Steps 3-6.
8. Repeat on left side.



SKIPPING

bikini
BODY
guide 2.0

1. Standing on the balls of your feet, hold one skipping rope handle in your right hand and the other in your left.
2. Step your feet in front of the skipping rope to begin.
3. Swing the rope upwards and over your head through small rotations in the wrist.
4. As the rope is about to touch the floor, quickly jump upwards to allow the rope to swing under your feet and behind your body.
5. Repeat Steps 3-4.



SIDE RAISES

bikini
BODY
guide 2.0

1. Holding one dumbbell in each hand (2-4kg) on either side of your body, plant both feet on the floor slightly wider than shoulder width. Point feet outward slightly.
2. Keeping your arms slightly bent, gently raise the dumbbells upwards from the sides of your body until they reach shoulder height as shown.
3. Gently lower the dumbbells back down to your sides.
4. Repeat Steps 2-3.



SIDE CRUNCHES (ON BACK)

bikini
BODY
guide 2.0

1. Start by lying flat on your back on the floor on a yoga mat. Bend your knees and position your feet so that they create a 90-degree angle to your hips.
2. Lift and turn out your right leg so that your ankle is resting on your left leg just above your knee as shown.
3. Bend your elbows to place your hands behind your earlobes and slowly lift your head and shoulder blades off of the floor.
4. From this position, twist your torso so that your left elbow touches the floor immediately beside you before crunching over across your body to touch your right knee (or the action of). Try to keep your knee still so that you only bring your elbow to your knee, not your knee to your elbow!
5. Repeat Step 4.
6. Repeat on right side.



SIDE CRUNCHES (ON SIDE)

bikini
BODY
guide 2.0

1. On a yoga mat, lay on your LEFT side with your feet on top of each other and knees slightly bent.
2. Release your LEFT arm from under your body and lay it out straight in front of you to help you stay balanced.
3. Bend your RIGHT elbow and place your hand behind your earlobe. This is your starting position.
4. Crunch your torso sideways to bring your elbow towards to your hip (or the action of).
5. Squeeze tightly and release your torso and return to starting position.
6. Repeat Steps 4-5.
7. Repeat on left side.



SIDE TAPS

bikini
BODY
guide 2.0

1. Start by lying flat on your back on a yoga mat with your hands by your sides. Bend your knees and position your feet so that they create a 90-degree angle to your hips.
2. Engage your abdominal muscles by drawing your belly button in towards your spine.
3. Keeping your heels firmly planted on the floor, slowly lift your head and your shoulder blades off of the floor. This is your starting position.
4. From this position, crunch sideways to your right and touch your right ankle with your right hand (or the action of).
5. Return to starting position, and repeat on the left side of your body.
6. Repeat Steps 4-5.

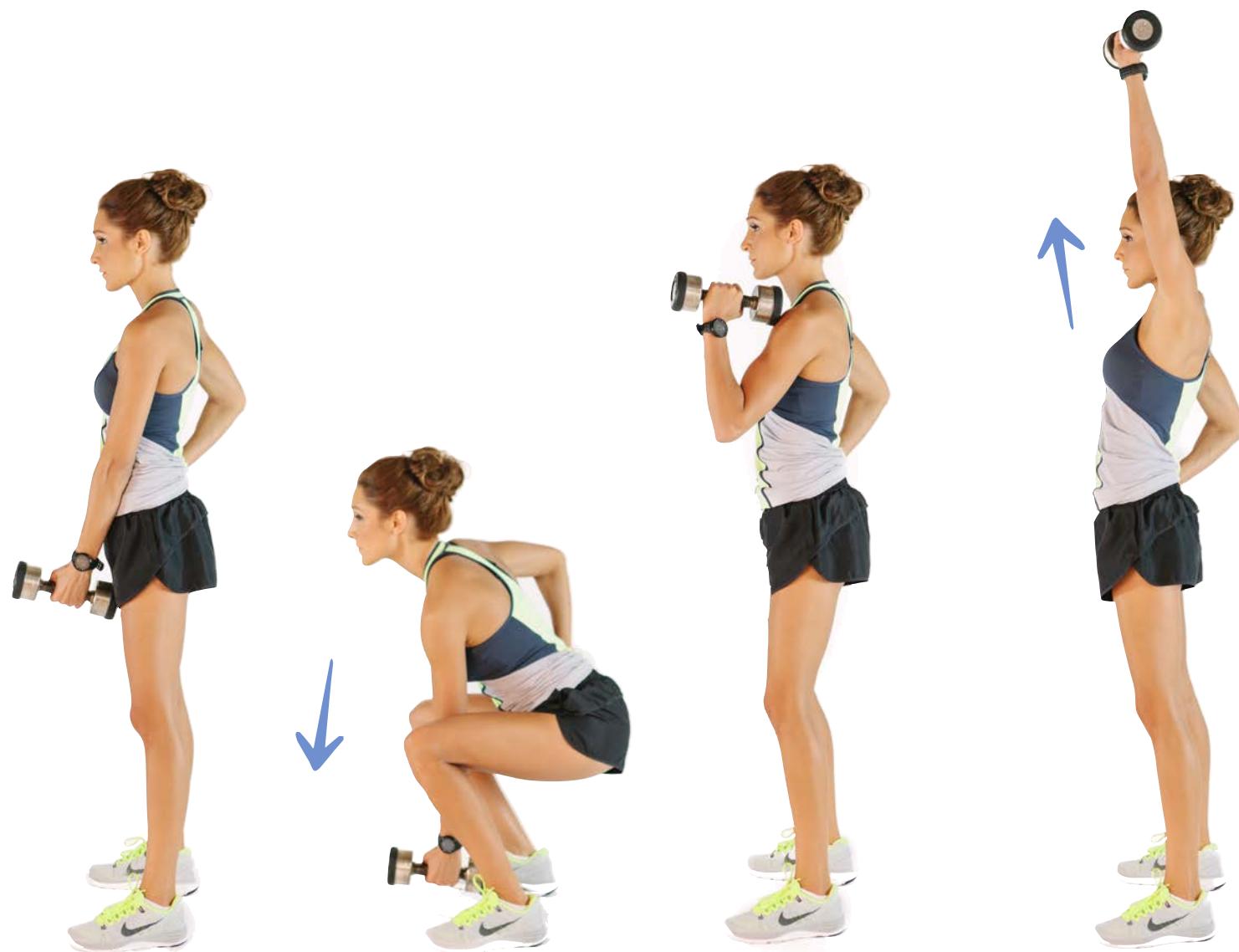


SINGLE ARM SQUAT & PRESS

bikini
BODY
guide 2.0

1. Hold one dumbbell (3-8kg) in your LEFT hand and place it slightly in front of your left leg with your arm extended and keep your right hand on your hip as shown.
2. Plant both feet on the floor slightly further than shoulder width apart. Point feet slightly outward.
3. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point towards your toes, allowing the dumbbell to gently run down the inside of your left leg.
4. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips
5. Push through your heels and, using the power generated by your legs, press the dumbbells up above your head as you return to standing position. Make sure that the head of the dumbbells face forwards at all times so as to prevent hitting yourself.
6. Gently lower the dumbbell by firstly bringing it into your chest before extending your arms downwards and bringing them down in front of your left leg.
7. Repeat Steps 3-6.
8. Repeat holding the dumbbell in your right hand.

SINGLE ARM SQUAT & PRESS



SIT UPS

bikini
BODY
guide 2.0

1. Start by lying flat on your back on a yoga mat. Bend your knees and position your feet so that they create a 90-degree angle with your hips.
2. Place your hands on your upper legs and engage your abdominal muscles by drawing your belly button in towards your spine. This is your starting position.
3. Keeping your heels firmly planted on the floor, slowly lift your head, followed by your shoulder blades and torso off of the floor until your wrists are touching your knees.
4. Slowly release your torso and return to starting position.
5. Repeat Steps 3-4.



SNAP JUMPS

bikini
BODY
guide 2.0

1. Plant both feet on the floor slightly further than shoulder width apart.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips.
4. Lean your body forward slightly so that you are able to place your hands on the floor in front of you. This is your starting position.
5. Kick your feet backwards into push up position resting on the balls of your feet. Ensure that your back remains straight and that you stabilise through your abdominal muscles.
6. Transfer your body weight onto your hands and jump your feet inwards into starting position.
7. Repeat Steps 5-6.



SNAP PUSH UPS

bikini
BODY
guide 2.0

1. Start by placing the bench horizontally in front of you.
2. Place both hands on the bench slightly wider than shoulder width apart and feet extended directly behind you on the floor, still resting on the balls of your feet. This is called push up position.
3. Whilst keeping your back straight and stabilising through your abdominal muscles, bend your elbows and lower your torso to the bench until your arms form a 90 degree angle.
4. Push through your chest and extend your arms and lift your body back into push up position.
5. Transfer your body weight onto your hands and quickly jump your feet in towards the bench.
6. Immediately kick your feet backwards into push up position.
7. Repeat Steps 3-6. Ensure that you begin the next rep as soon as your feet return to push up position.



SPLIT JUMPS

bikini
BODY
guide 2.0

1. Place both hands on the floor slightly further than shoulder width apart and feet together behind you resting on the balls of your feet. This is your starting position.
2. Quickly pick up both of feet and jump them outwards so that they wider than your hips. Ensure that your upper body remains stable.
3. Quickly pick up both of feet and jump them inwards to bring your feet back together.
4. Repeat Steps 2-3.

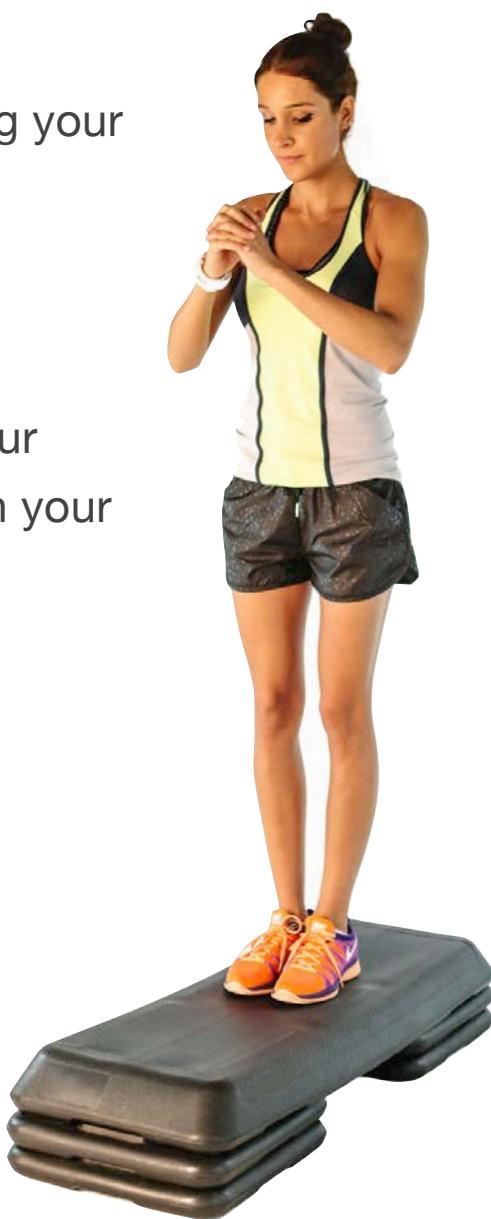
Note: Each movement of the feet equals one rep i.e. jumping your feet out and in is equivalent to two reps.



SPLIT SQUATS

bikini
BODY
guide 2.0

1. Start by placing a small bench vertically between your feet.
2. Stand up on the bench and ensure that it is stable and adjust accordingly.
3. Once the bench is in position, assume a neutral standing position on top of it. This is your starting position.
4. Bend your knees slightly and immediately propel your body upwards into the air.
5. Whilst in the air, reposition your legs so that your feet are able to land in sumo (wide) squat position on either side of the bench with toes pointed out slightly. When landing, ensure that you land through the balls of your feet first before rolling through the flat and heel and maintain ‘soft’ knees to prevent injury.
6. As you land continue bending your knees and hips, so that your glutes (‘bum’) touches the bench (or the action of).
7. From this position, propel your body upwards and reposition your feet to land on the bench in starting position.
8. Repeat Steps 4-7.



SQUATS

bikini
BODY
guide 2.0

1. Plant both feet on the floor slightly further than shoulder width apart. Point feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips. You may choose to extend your arms for balance.
4. Push up through your heels and return to a neutral standing position.
5. Repeat Steps 2-4.



To increase the difficulty of this exercise, you can choose to add weights in the forms of dumbbells or a barbell.

SQUATS

VARIATION: DUMBBELL SQUAT

Recommended Weight Range: 5-10kg each

If using dumbbells, perform Steps 1-4 holding one dumbbell in each hand. As you squat, allow the dumbbells to run along the outsides of your legs as shown.



VARIATION: BARBELL SQUAT

Recommended Weight Range: 10-20kg

If using a barbell, follow these cues to safely get the barbell onto your back and repeat Steps 1-4.

1. Carefully place the barbell horizontally on the floor in front of you.
2. Position your feet under or as close to the barbell as possible slightly further than shoulder width apart. Run your hands along the outside of your leg and bend at both

SQUATS

the hips and knees until you are able to firmly grip the barbell. Ensure that the palms of your hands are facing towards you.

3. Looking straight ahead, push up through your heels and return to a neutral standing position while keeping your arms extended. Ensure that your elbows remain ‘soft’.
4. Bend your knees slightly and, at the same time, push through your heels to return to neutral standing position and bend your elbows to bring the barbell forwards and upwards into your chest. Your palms should now be facing forward.
5. Extend your arms and press the barbell up above your head. Make sure that your chin is tucked in to avoid hitting yourself.
6. Gently lower the barbell behind your head allowing it to rest on the lower portion of your neck. Ensure that you pull your shoulders down and back slightly, pushing your chest out.



STRAIGHT LEG DEADLIFT

bikini
BODY
guide 2.0

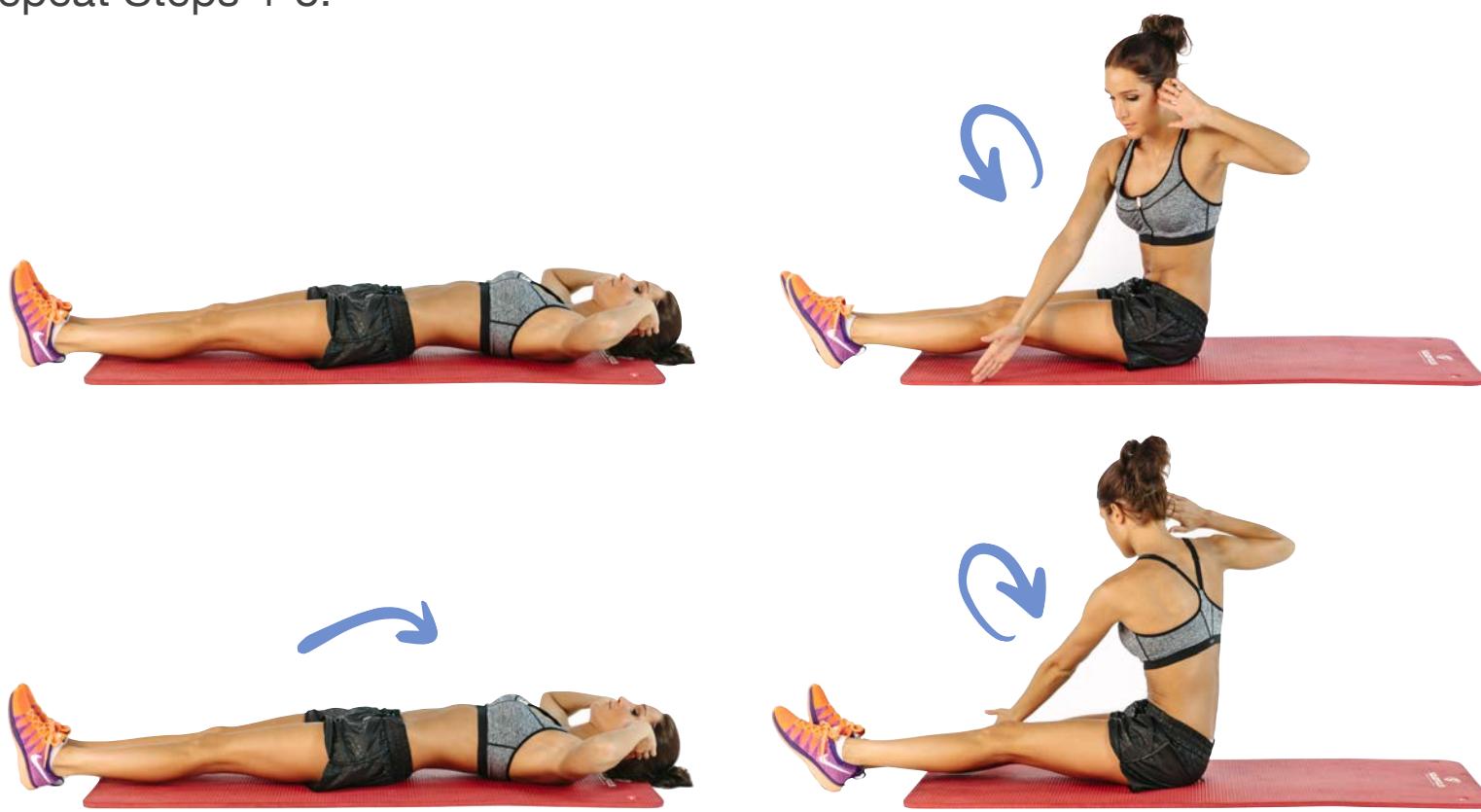
1. Carefully place the barbell (10-15kg) horizontally on the floor in front of you.
2. To safely pick up the barbell, position your feet under or as close to the barbell as possible slightly further than shoulder width apart. Run your hands along the outside of your leg and bend at both the hips and knees until you are able to firmly grip the barbell (ensure that the palms of your hands are facing towards you).
3. Looking straight ahead, push up through your heels and return to a neutral standing position while keeping your arms extended. Ensure that your elbows remain ‘soft’.
4. With arms still extended, hold the barbell directly in front of your body and pull your shoulders down and back slightly, pushing your chest out.
5. Looking straight ahead, bend from the hips only and allow the barbell to run down the front of your legs until it reaches your ankles (if possible) or until tension is felt in your hamstrings (back of your legs).
6. Squeeze your glutes (‘bum’) and extend your hips to return to neutral standing position. Ensure that the shoulder posture described in Step 4 is maintained throughout the entire movement.
7. Repeat Steps 5-6.



STRAIGHT LEG SIT UP + TWIST

bikini
BODY
guide 2.0

1. Start by lying flat on the floor on a yoga mat with your feet extended out in front of you.
2. Bend your elbows to place your hands behind your earlobes.
3. Engage your abdominal muscles by drawing your belly button in towards your spine. This is your starting position.
4. Slowly release your left hand and extend forward, slowly allowing your head, shoulder blades and torso to lift off of the floor.
5. As you continue to sit up, twist over your right side reaching past your right leg.
6. Slowly untwist your body and release your torso backwards.
7. Bring your right hand back in towards your ear to return to starting position.
8. Repeat on right side.
9. Repeat Steps 4-8.



STEP UPS (WITH OR WITHOUT WEIGHTS)

bikini
BODY
guide 2.0

1. Start by placing the bench (30cm+) horizontally in front of you.
2. Ensuring your shoulders are back and chest out, plant both feet on the floor slightly further than shoulder width apart.
3. Place your hands by your side or, if using weights, hold one dumbbell (5-10kg) in each hand.
4. Firmly plant your ENTIRE right foot on the bench making sure your knees are not over your toes.
5. Straighten your right leg, but ensure that your knee remains ‘soft’. As you step up, make sure that you focus on pushing through the heel so that you work your glutes ('bum') and hamstrings, rather than pushing through your toes, which places additional pressure on your shins, knees and quadriceps.
6. As you straighten your left leg, bring up your LEFT leg so that you are standing with both feet on the bench.
7. Reverse this pattern back to the floor, starting with your right leg.
8. Repeat Steps 5-7.
9. Repeat on left side.



SUMO JUMP SQUAT

bikini
BODY
guide 2.0

1. Plant both feet on the floor wider than shoulder width. Point feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips. This is called sumo squat position.
4. Push up through your heels, and in one explosive movement, propel your body upwards into the air.
5. Extend your legs whilst in the air before landing back into sumo squat position. When landing, ensure that you land through the balls of your feet first before rolling through the flat and heel and maintain 'soft' knees to prevent injury.
6. Repeat Steps 4-5.



TOE TAPS

bikini
BODY
guide 2.0

1. Start by lying straight on your back on a yoga mat, with arms extended above your head. Ensure that your elbows remain tucked in.
2. Contract your abdominal muscles and raise your legs off of the floor so that they form a 90-degree angle with your hips.
3. Engage your abdominal muscles by drawing your belly button in towards your spine.
4. Bring your hands up towards your feet – slowly lifting your head, shoulder blades and torso off of the floor, allowing them to meet your toes (or the action of).
5. Squeeze in tightly before extending your torso, lying back down with your arms extended with your arms above your head.
6. Repeat Steps 4-5.



TRICEP DIPS

bikini
BODY
guide 2.0

1. Start by placing a bench (30cm+) horizontally behind you and sitting on the edge with your knees bent (like a chair).
2. Position your hands underneath your glutes ('bum') approximately shoulder width apart on the edge of the bench, ensuring that your fingers are facing forwards.
3. Shift your glutes ('bum') forwards off of the bench, and carefully walk your feet forwards so that your legs are almost straight. This is your starting position.
4. Lower your body by bending at the elbow until you create a 90 degree angle with your arms. Ensure that your shoulders, elbows, and wrists remain in line with one another at all times.
5. Push up through your heel of your hand and extend your arms to return to starting position. Avoid using your legs to assist you in doing so. Always try and maintain an upright position.
6. Repeat Steps 4-5.



Make this more difficult by placing your legs on another flat top bench.

TUCK JUMPS

bikini
BODY
guide 2.0

1. Plant both feet on the floor slightly further than shoulder width apart.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips. This is called squat position.
4. From this position, propel your body upwards into the air as high as you can, while simultaneously tucking in both your elbows and knees.
5. Release and extend both your elbows and knees, landing in squat position. When landing, ensure that you land through the balls of your feet first before rolling through the flat and heel and maintain ‘soft’ knees to prevent injury.
6. Repeat Steps 4-5.



WALKING LUNGES

(WITH OR WITHOUT WEIGHTS)

bikini
BODY
guide 2.0

1. Standing tall with your feet shoulder width apart, place your hands on your hips and keep your shoulders back and chest out. If you are using dumbbells, hold one (5-10kg) in each hand and place them by your sides.
2. Take a big step forward with your left foot.
3. As you plant your left foot on the floor, bend both knees at approximately 90 degrees. If done correctly, your front knee should be aligned with your ankle and your back should be hovering just off of the floor. This is called a lunge position.
4. As you extend both knees, transfer your weight completely to your left foot and take a large step forward with your right foot.
5. As you plant your right foot, bend both knees at approximately 90 degrees.
6. Extend both knees and transfer your weight completely onto your right foot.
7. Repeat Steps 2-6.



WALKING LUNGES

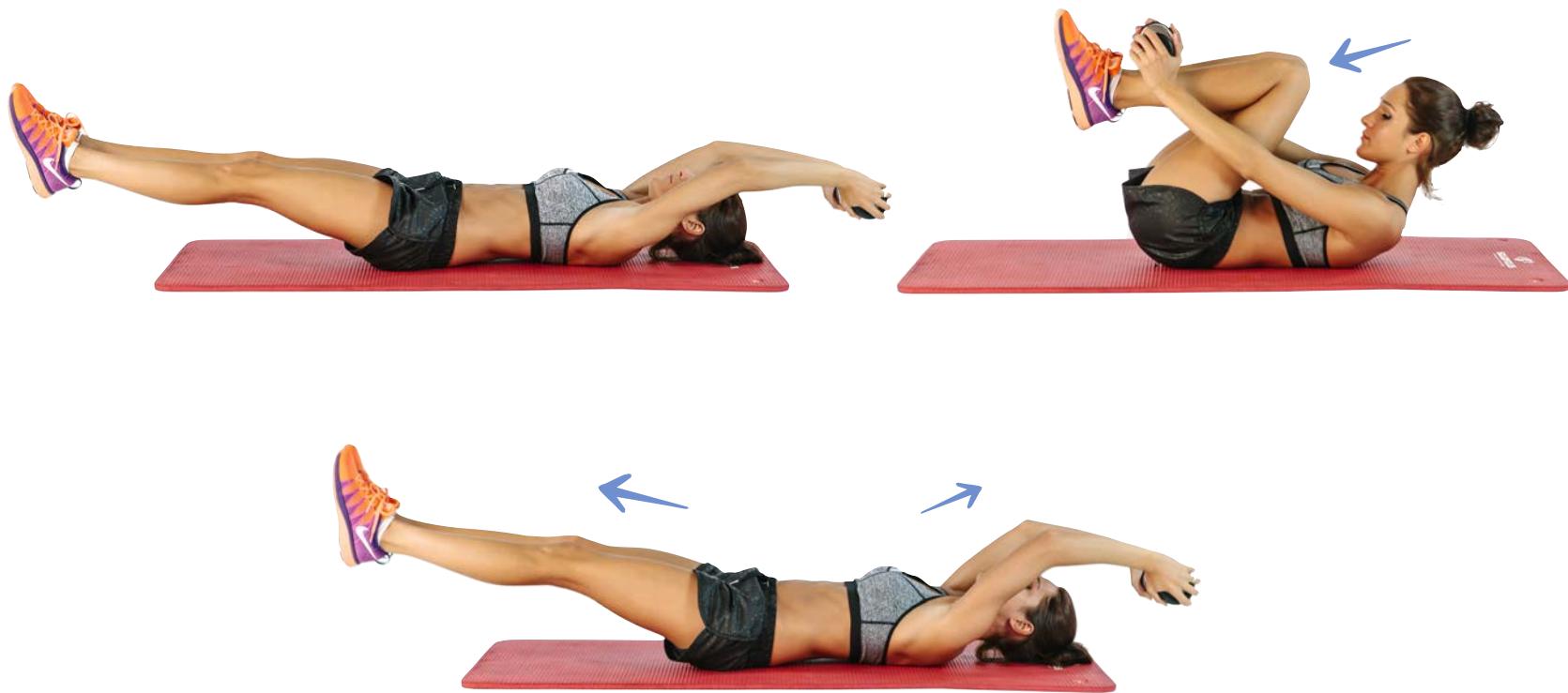


With Weights

WEIGHTED BENT LEG JACKKNIFES

bikini
BODY
guide 2.0

1. Start by lying straight on your back on a yoga mat, holding a dumbbell (5-10kg) above your head with both hands. Ensure that your elbows remain tucked in.
2. Engage your abdominal muscles by drawing your belly button in towards your spine.
3. Keeping your feet together, contract your abdominals muscles and bend your knees in towards your chest.
4. At the same time, bring the dumbbell up towards your knees, slowly lifting your head, shoulder blades and torso off of the floor.
5. Squeeze in tightly and slowly release the weight and your legs outwards until they are both just slightly off of the floor.
6. Repeat Steps 3-5.

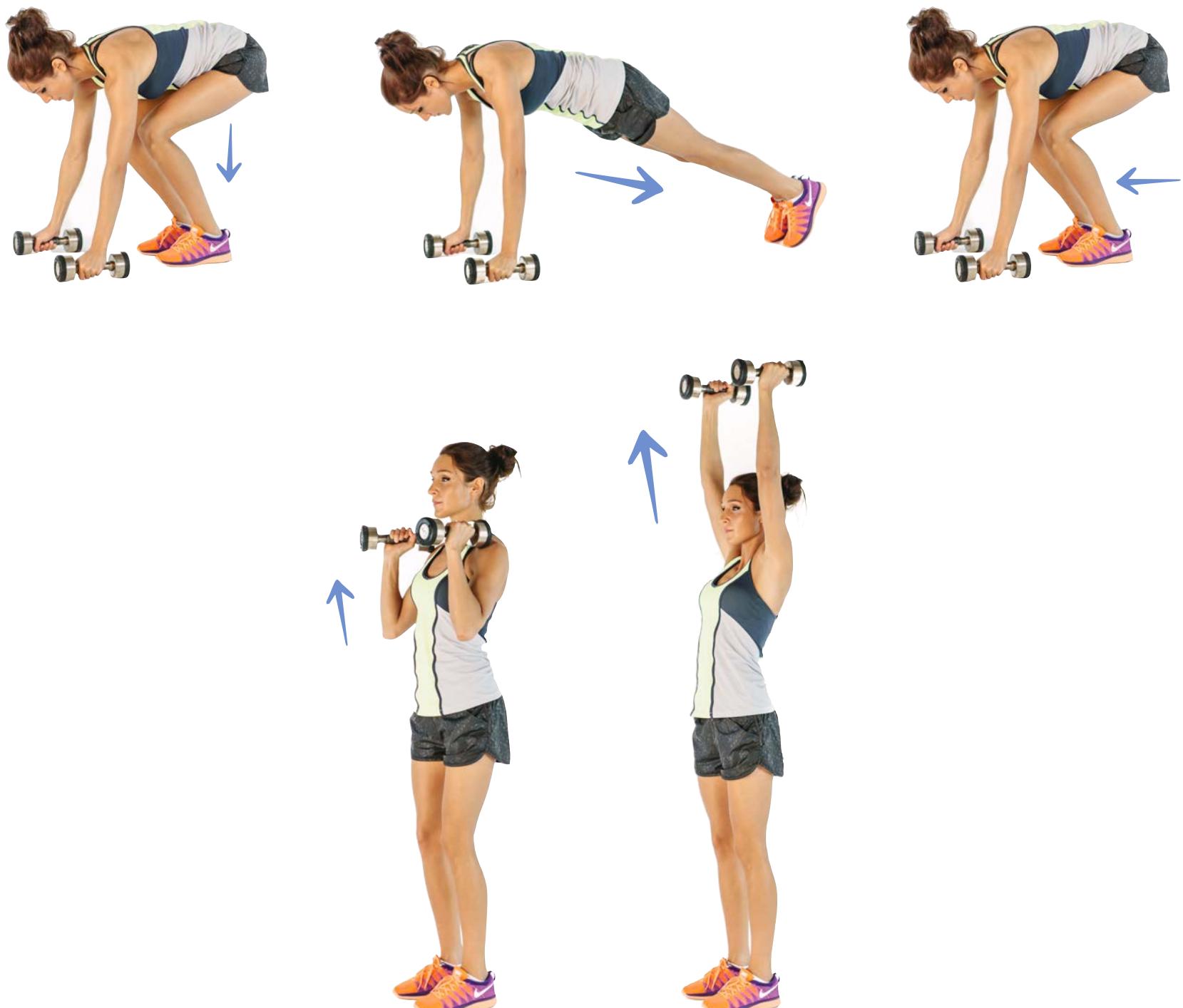


WEIGHTED BURPEES

bikini
BODY
guide 2.0

1. Holding one dumbbell (3-8kg) in each hand, plant both feet slightly wider than shoulder width apart.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips.
4. Lean your body forward slightly so that you are able to place the dumbbells on the floor in front of you.
5. Holding onto the dumbbells, kick your feet backwards into push up position, resting on the balls of your feet. Ensure that your back remains straight and that you stabilise through your abdominal muscles.
6. Transfer your body weight forwards onto the dumbbells and jump your feet inwards and into the position described in Step 4.
7. Push through your heels and, using the power generated by your legs, press the dumbbells up above your head as you return to standing position. Do not jump. Make sure that the head of the dumbbells face forwards at all times so as to prevent hitting yourself.
8. Repeat Steps 2-7.

WEIGHTED BURPEES



WEIGHTED RUSSIAN TWIST

bikini
BODY
guide 2.0

1. Start by sitting on the floor holding one dumbbell (5-10kg) in front of your chest with both hands. Ensure that your elbows remain tucked in.
2. Bend your knees and position your feet so that they create a 90 degree angle with your feet and hips.
3. Keeping your feet together, raise your feet off of the floor and extend your knees so that your legs are almost straight. This is your starting position.
4. Twist your torso over to your left side so that your hand/head of the dumbbell touches the floor by your left hip.
5. Untwist your torso and return to starting position before repeating this movement on your right side.
6. Repeat Steps 4-5.



WEIGHTED SIT UP

bikini
BODY
guide 2.0

1. Start by lying flat on your back on a yoga mat, holding a single dumbbell (5-10kg) above your chest with both hands. Ensure that your elbows remain tucked in.
2. Bend your knees and position your feet so that they create a 90-degree angle with your hips.
3. Engage your abdominal muscles by drawing your belly button in towards your spine. This is your starting position.
4. Keeping your heels firmly planted on the floor, press the dumbbell towards the ceiling – slowly lifting your head shoulder blades and torso off of the floor until your torso is almost touching your knees and the weight is almost directly above your head.
5. Slowly release your torso and return to starting position.
6. Repeat Steps 4-5.



WEIGHTED STATIONARY LUNGES

bikini
BODY
guide 2.0

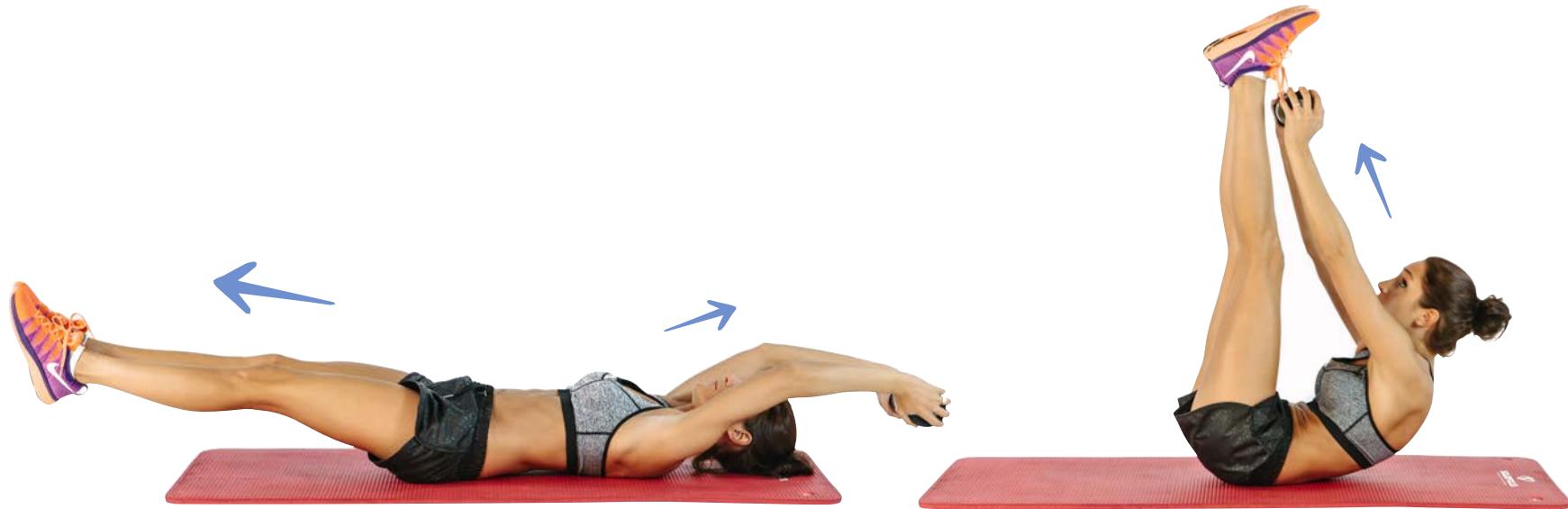
1. Holding one dumbbell (5-10kg) in each hand, stand tall with your feet shoulder width apart. Ensure that you keep your shoulders back and chest out.
2. Take a big step forward with your left foot.
3. As you plant your left foot on the floor, bend both knees at approximately 90 degrees. If done correctly, your front knee should be aligned with your ankle and your back should be hovering just off of the floor.
4. Gently touch your left knee on the floor before extending both knees.
5. Repeat Steps 3-4.
6. Repeat on right side.



WEIGHTED STRAIGHT LEG JACKKNIFES

bikini
BODY
guide 2.0

1. Start by lying straight on your back on the floor, holding a dumbbell (5-10kg) above your head with both hands. Ensure that your elbows remain tucked in.
2. Engage your abdominal muscles by drawing your belly button in towards your spine.
3. Keeping your feet together, contract your abdominal muscles and raise your legs off of the floor so that they form a 90-degree angle with your hips.
4. At the same time, bring the weight up towards your feet – slowly lifting your head, shoulder blades and torso off of the floor.
5. Squeeze in tightly and slowly release the weight and your legs outwards until they are both just slightly off of the floor.
6. Repeat Steps 3-5.



X HOPS

1. Plant both feet on the floor slightly further than shoulder width apart.
Point feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips. This is called a squat position.
4. From this position, propel your body upwards in one explosive movement.
5. Whilst in the air, split your legs and land into a lunge position with your LEFT leg forward and RIGHT leg back. Ensure that your weight is distributed equally between both legs.
6. Immediately propel your body back into the air and adjust your legs to allow you to land in a squat position. When landing, ensure that you land through the balls of your feet first before rolling through the flat and heel and maintain 'soft' knees to prevent injury.
7. Once in the squat position, immediately propel yourself upwards again, landing in a lunge position with your RIGHT leg forward and LEFT leg back.
8. Immediately propel your body back into the air and adjust your legs to allow you to land in a squat position.
9. Repeat Steps 4-8.



X HOPS

Breakdown: The sequence will be: squat, lunge left leg forward, squat, lunge right leg forward. Each movement of the feet is equal to one rep, so the breakdown listed above is equivalent to four reps.

X MOUNTAIN CLIMBERS

1. Place both hands on the floor slightly further than shoulder width apart and feet together resting on the balls of your feet. This is your starting position.
2. Keeping your left foot on the floor, bend your **RIGHT** knee and lift your leg into your chest and towards your **LEFT** elbow.
3. Extend your right leg and return to starting position.
4. Keeping your right foot in the floor bend your **LEFT** knee and lift your leg into your chest and towards to your **RIGHT** elbow.
5. Extend your right leg and return to starting position.
6. Repeat Steps 2-5. Increase speed so it is as if you are running on your hands, ensuring that the leg that is moving does not touch the floor.



STRETCHING - CALVES & HAMSTRINGS 1

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1. While seated on a yoga mat, extend both legs out in front of you.
2. Lift up and turn out your left leg so that your foot is resting against the inside of your right leg as shown.
3. Reach for your right foot with your right hand (or the action of), ensuring that you are bending from the hip. If you can reach your toe, gently pull it back towards you. Tip: To increase the stretch, attempt to lower your torso to your right leg, once again ensuring that you are bending from the hips.
4. Hold this position for 20-30 seconds.
5. Repeat Steps 2-4 on your left side.



STRETCHING - ADDUCTORS 1

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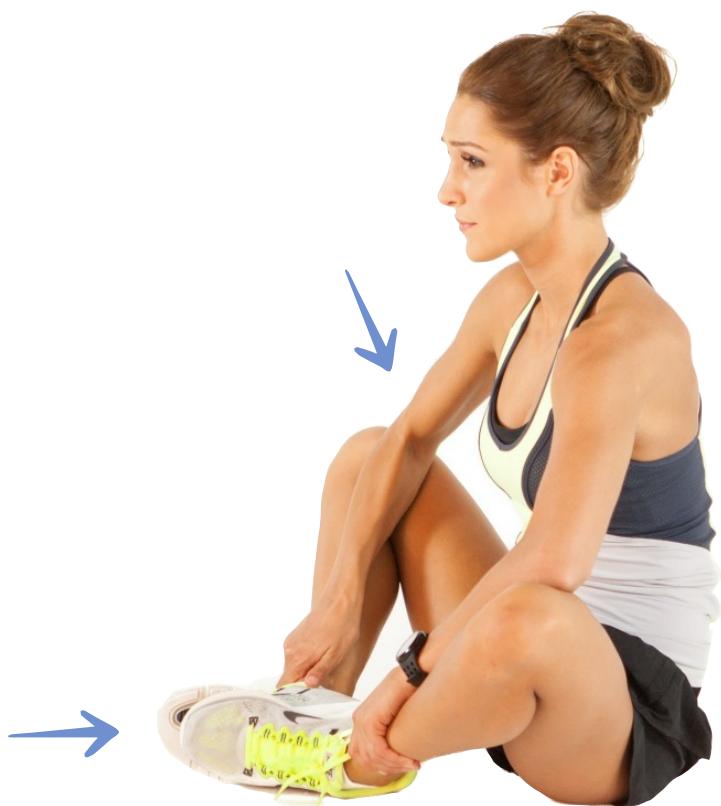
1. While seated on a yoga mat, extend both legs out in front of you.
 2. Move both legs outwards as wide as they can go.
-
1. Sit up tall before reaching forwards with both hands.
 2. Hold this position for 20-30 seconds. Tip: Try and walk your hands out a little bit further each time you breathe out to gradually increase the stretch.



STRETCHING - ADDUCTORS 2

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1. While seated on a yoga mat, extend both legs out in front of you.
2. Lift up and turn out both legs so that the bottoms of your feet are resting against each other directly in front of you.
3. Sit up tall and gently push down your knees using your elbows as shown.
4. Hold this position for 20-30 seconds.



STRETCHING - HIP FLEXORS

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1. Begin in a kneeling position on a yoga mat.
2. Release your right leg and take one large step forwards so that you are in a lunge position as shown. Ensure that your front knee is not further forward than your toe. If it is, then you will need to take a bigger step forward.
3. Keeping your torso upright, push your hips forwards so that you feel a stretch along the front of your back leg.
4. Hold this position for 20-30 seconds.
5. Repeat Steps 1-4 with your left leg forward.



STRETCHING - CALVES & HAMSTRINGS 2

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1. Plant both feet on the floor slightly further than shoulder width apart.
2. Keeping your legs straight, reach for your toes with both hands (or the action of). Ensure that you are bending from the hip.
3. Hold this position for 20-30 seconds.



STRETCHING - QUADS

1. Plant both feet on the floor shoulder width apart.
2. Bend your left knee to bring your foot back directly behind you so that you can hold it with both hands. You should feel a stretch in your left quad (front of your leg).
3. Hold this position for 20-30 seconds. Tip: If you're struggling to balance, focus on a spot directly ahead of you or extend your right arm.
4. Repeat Steps 1-3 with your right leg.



STRETCHING - CALVES & HAMSTRINGS 3

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1. Plant both feet on the floor shoulder width apart.
2. Release your left leg and take a small step forward, resting only your heel on the floor.
3. Bend your right knee and reach for your right foot with your left hand (or the action of), ensuring that you are bending from the hip. If you are able to reach your toe, gently pull it back towards you.
4. Hold this position for 20-30 seconds.
5. Repeat Steps 2-4 with your right leg.



STRETCHING - GLUTES ('BUM')

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1. Plant both feet on the floor shoulder width apart.
2. Release your right leg and turn it out so that your ankle is resting just above your left knee.
3. Bend your left knee so that you are in single leg squat and gently push down on your left knee using your right elbow.
4. Hold this position for 20-30 seconds. Tip: If you are struggling to balance, try to focus on a spot directly in front of you.
5. Repeat Steps 1-4 with your left leg.



STRETCHING - ABS

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1. Start by lying flat on your stomach on a yoga mat.
2. Bring your arms in and place your hands flat on the floor on either side of your chest.
3. Slowly extend your arms to bring your chest off of the floor. Ensure that you keep your shoulders down.
4. Hold this position for 20-30 seconds.



STRETCHING - LATS (SIDES)

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1. Plant both feet on the floor slightly wider than shoulder width apart.
2. Stand tall and extend your right arm directly above your head.
3. From this position, reach your hand over to your right side in order to lengthen the left side of the body as shown.
4. Hold this position for 20-30 seconds.
5. Repeat Steps 2-4 on your right side.



STRETCHING - DELTOID (SHOULDER)

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1. Plant both feet on the floor shoulder width apart with arms by your sides.
2. Raise your left arm and position it across your body and use your right arm to hold it in position as shown. Ensure that you keep your shoulders down.
3. Hold this position for 20-30 seconds.
4. Repeat Steps 2-3 with your right arm.



STRETCHING - TRICEPS

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1. Plant both feet on the floor shoulder width apart with arms by your sides.
2. Release your left arm and place your hand between your shoulder blades behind your head.
3. Gently push down your left elbow with your right hand as shown.
4. Hold this position for 20-30 seconds.
5. Repeat Steps 2-4 with your right arm.



STRETCHING - PECS (CHEST)

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1. Plant both feet on the floor shoulder width apart with arms by your sides.
2. Reposition your hands behind your body and interlock your fingers.
3. Gently pull your hands away from your body. This should cause your shoulders to retract and open up your chest.
4. Hold this position for 20-30 seconds.



FOAM ROLLING - CALVES

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1. Position the foam roller horizontally in front of you on a yoga mat.
2. Sit yourself down behind the foam roller with legs extended on top of it, crossing your right ankle over your left.
3. Reposition the foam roller so that it is gently pressing on the lowest part of your left calf muscle (about 10cm above your ankle).
4. Increase the amount of pressure placed on the foam roller. This may require you to lift your glutes ('bum') off of the floor as shown.
5. Slowly roll the foam roller along the length of your calf muscle.
6. Once you reach a point of tenderness (called a trigger point), pause and hold that position for 90 seconds or until the pressure/pain is significantly reduced.
7. Continue to roll down the length of the muscle and repeat Step 6 as necessary.
8. Repeat Steps 3-7 on your right calf.



FOAM ROLLING - TIBIALIS ANTERIOR (SHIN)

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1. Position the foam roller horizontally in front of you on a yoga mat.
2. Place both hands on the floor slightly further than shoulder width apart in front of the foam roller and feet together behind the foam roller resting on the balls of your feet (i.e. push up position).
3. Release your left leg so that the top of your shin is resting on the top of the foam roller as shown.
4. Rotate your knee in slightly so that the foam roller is gently pressing into tibialis anterior (the muscle on the outside of your shin bone).
5. Increase the amount of pressure on the foam roller and slowly roll it along the length of the muscle.
6. Once you reach a point of tenderness (called a trigger point), pause and hold that position for 90 seconds or until the pressure/pain is significantly reduced.
7. Continue to roll down the length of the muscle and repeat Step 6 as necessary.
8. Repeat Steps 3-7 on your right shin.



FOAM ROLLING - QUADS

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1. Position the foam roller horizontally in front of you on a yoga mat.
2. Place both hands on the floor slightly further than shoulder width apart in front of the foam roller and position the rest of your body so that the foam roller is gently pressing into the bottom of your quads (directly above your knees) as shown.
3. Increase the amount of pressure on the foam roller and slowly roll it along the length of your quads.
4. Once you reach a point of tenderness (called a trigger point), pause and hold that position for 90 seconds or until the pressure/pain is significantly reduced.
5. Continue to roll down the length of the muscle and repeat Step 4 as necessary.
6. To foam roll your inner quads and adductors, turn both legs out slightly and repeat Step 4 as necessary.



FOAM ROLLING - ITB (OUTSIDE OF LEG)

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1. Position the foam roller horizontally in front of you on a yoga mat.
2. Kneel down next to the foam roller so that it is lying vertically beside you and rest your right hip on it.
3. Place your right hand on the floor directly below your shoulder and extend both legs.
4. Release your left (top) leg and reposition it in front of your right leg as shown.
5. Increase the amount of pressure on the foam roller and slowly roll it along the length of your ITB (outside of your leg).
6. Once you reach a point of tenderness (called a trigger point), pause and hold that position for 90 seconds or until the pressure/pain is significantly reduced.
7. Continue to roll down the length of the muscle and repeat Step 6 as necessary.
8. Repeats Steps 2-7 on your left side.



FOAM ROLLING - GLUTES (BUM)

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1. Position the foam roller horizontally behind you on a yoga mat.
2. Carefully sit back onto the foam roller and place both hands on the floor behind you.
3. Firmly plant your feet slightly further than shoulder width apart so that they create a 90-degree angle with your hips.
4. Lift and turn out your left leg so that your ankle is resting on your right leg just above your knee as shown.
5. Twist your lower body to the left so that the foam roller is gently pressing into your left glute ('bum').
6. Increase the amount of pressure on the foam roller and slowly roll it along the length of your glute.
7. Once you reach a point of tenderness (called a trigger point), pause and hold that position for 90 seconds or until the pressure/pain is significantly reduced.
8. Continue to roll down the length of the muscle and repeat Step 7 as necessary.
9. Repeats Steps 2-8 on your right side.



FOAM ROLLING - TRAPS (BACK)

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1. Position the foam roller horizontally behind you on a yoga mat.
2. Sit down in front of the foam roller and bend your knees and position your feet so that they create a 90-degree angle to your hips.
3. Lay back onto the foam roller so that it is gently pressing into your upper back.
4. Twist your upper body slightly to the left so that the foam roller is gently pressing into the muscle to the left of your spine.
5. Increase the amount of pressure on the foam roller by lifting your hips slightly off of the floor.
6. Slowly roll the foam roller down the length of your traps.
7. Once you reach a point of tenderness (called a trigger point), pause and hold that position for 90 seconds or until the pressure/pain is significantly reduced.
8. Continue to roll down your traps until you reach the bottom of your shoulder blades, repeating Step 7 as necessary. Do not foam roll your lower back.
9. Repeat Steps 4-8 on your right side.



FOAM ROLLING - LATS (SIDES)

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1. Position the foam roller horizontally behind you on a yoga mat.
2. Sit down in front of the foam roller and bend your knees and position your feet so that they create a 90-degree angle with your hips.
3. Lay back onto the foam roller so that it is gently pressing into your back directly below your shoulder blades.
4. Bend your elbows and position both of your hands in front of your forehead as shown.
5. Slowly lift your hips off of the floor and twist your upper body over to your left side so that the foam roller is pressing into your lats (the muscle running along the outsides of your back).
6. Slowly allow the foam roller to roll down your sides.
7. Once you reach a point of tenderness (called a trigger point), pause and hold that position for 90 seconds or until the pressure/pain is significantly reduced.
8. Continue to roll down the length of your lats and repeat Step 7 as necessary, stopping when you are halfway down your sides/back.



FOAM ROLLING - PECS (CHEST)

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1. Position the foam roller horizontally in front of you on a yoga mat.
2. Lay down on your stomach with your left arm extended straight in front of you and position your body so that the foam roller is gently pressing into your left pec (chest) muscle.
3. Increase the amount of pressure on the foam roller by twisting your lower body so that you are almost lying on your side. You may choose to use your right hand to determine the pressure as shown.
4. Hold this position until the pain/pressure have significantly reduced.
5. Repeats Steps 2-4 on your right side.



Well done!

Congratulations on completing my Bikini Body Training Guide 2.0!

Now that you're finished you're probably wondering what you should do next?!

Here are a couple of suggestions:

Select a week of workouts from either this guide and Bikini Body Training Guide at random and do it all over again!

Select single workouts at random from either of my guides! When doing this, ensure that you select one session for each area of the body every week (i.e. one arms, one abs, one legs, one full body).

Mix and match exercises from both of my guides and create your OWN workouts. BE CREATIVE!

Stay tuned for more training material coming soon ;)

Kayla x