

# bikini BODY *guide*

## workouts

*exercise training plan*



kayla  
ITSINES  
*earn your body*

Exclusively for sharon.rech27@gmail.com / 0003848193

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# Product Disclosure

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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, which 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 realised my underlying passion for the health and fitness industry. 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.

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.

# Mission Statement

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## Welcome to my Bikini Body Training Guide (B.B.T.G)!

Throughout my industry experience and the more I interviewed my female clients, it became apparent that many girls were aspiring for a specific yet common look. What these girls really wanted was the confidence and positive physical change that came as a result of a healthy lifestyle. The body type I am referring to is a far cry from the “very muscular” look that a lot of women obtain through other training styles and advice. I found that some trainers in this industry do not properly understand or listen to their client's goals, and are therefore not able to advise them in a way that will help attain their client's desired appearance or outcome.

This is my mission - I want to help as many women as possible achieve their ideal body, their confidence and their happiness!

Hence, with the help of Fresh Fitness, I created this “Bikini Body Training Guide”. I have heard many trainers and individuals say lots of different things about how to get ‘results’ - such as what IS required, what is NOT required, shortcuts you can take and things to avoid. In this ebook, I am hoping to clear the confusion for you and focus more on YOUR specific goals.



## MISSION STATEMENT

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Everyone has probably heard the following:

**“Life is all about 80% diet plus 20% training”**

*or*

**“Eat whatever you want; just train at 120%”.**

With the experience of my clients' results over the last 5+ years, I firmly believe that neither of those are the answer. My answer is being 100% committed to a healthy lifestyle. Your lifestyle includes a range of things from the food you eat, the beverages you drink, the cardio you do, your resistance training, how much sleep you get, how much work/study you do, and so much more!

I want to help educate girls all around the world, and make them understand that exclusionary diets or training styles are not necessarily the best way to go – rather, a well-rounded healthy lifestyle can be far more flexible, beneficial and enjoyable.

I always say that with a more educated mind, you are able to more easily obtain the things you want in life, through wasting less time, energy and emotion. I completely understand that there are many women around the world that have different goals or are already comfortable with their body. I do not promote my work in a derogatory or demeaning way to anyone, as we all have different tastes.

My work is entirely about making women feel comfortable about their bodies, and assisting the women that specifically seek the outcomes that my advice has proven to achieve.



# Overview

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**Living healthily is essential for everyone. I am NOT in the business of promoting exclusionary diets or poor body image. But I am in the business of advocating a balanced, healthy lifestyle based on clinically proven science and my own personal results with clients.**

This *Bikini Body Training Guide* has been developed to suit my training market of women aged 16 years and over who want to obtain what Fresh Fitness and I call a “bikini body”. To us, a “bikini body” is not a certain body weight, size or look, but rather a state of mind where you are confident and feel good about YOU. I do not believe that a single figure, idealistic individual or image should be the sole goal for a broad-spectrum audience. I think the end goal should still all

be the same - that goal being happiness through health.

Over the past few years, Fresh Fitness and I have taken the time to research and write this eBook as one of resources for my target market. The information in this eBook is based upon a combination of various research articles (cited throughout) and personal experiences with both my clients, clients of Fresh Fitness and my own personal health journey.

We acknowledge that everyone is an individual. In this way, we wish to be seen as advocates for positive health with a focus on educating our audience and promoting healthy attitudes around the “bikini body” ideology.

### WHAT DOES THIS EBOOK CONTAIN?

This *Bikini Body Training Guide* will cover all of your training requirements for cardiovascular exercise, plyometric/circuit training, stretching and rehabilitation. It will also provide you with a firm foundation of knowledge pertaining to exercise. This includes:

- 4 weeks worth of “pre-training” resistance training circuits
- 12 weeks worth of resistance training circuits
- Step-by-step glossary on how to complete each of the exercises in the resistance training circuits
- Information on how to effectively track your progress
- In depth education section, which discusses general training principles, such as cardio, resistance training, stretching, posture, injury prevention and considerations for pre-training and post-pregnancy.

### WHAT RESULTS CAN YOU EXPECT FROM THIS ADVICE?

No one is going to give you your body for simply reading this book. In the same way no one is going to give you a high-end career just for having a degree. If you want it, YOU have to earn it.

If you put in 10% effort, don’t expect to get 100% of the outcome. This rule applies for anything in life. If you don’t put in the effort with health, study, work or sport, you will not succeed. You only get out what you put in.

The amazing confidence we all seek is only reserved for those individuals who are willing to put in time and effort into their whole lifestyle. I want to make it very clear that I do not drink alcohol, I have never smoked and I have never done drugs. I do not taint my health or my body by putting things like these in it. I take my health and the health of all of my clients very seriously, which now includes YOU. I expect you to do the same.

## OVERVIEW

Previous experience tells me that you need to focus on all aspects of your lifestyle such as eating, training, resting and rehabilitation in order to reach your goals. Using this training eBook in conjunction with my nutrition guidelines can help you to obtain the best results in the same way my clients and the clients of Fresh Fitness have, and continue to. As I stated above, no single aspect of your lifestyle is powerful enough to overcome a lack in any other area of your lifestyle. In saying that, if you have great training but a poor diet, your progress can be largely hindered.

Please visit [www.kaylaitsines.com](http://www.kaylaitsines.com) to find out what you should be eating to maximise your results. Together, the healthy eating advice/recommendations in my Nutrition Healthy Eating Lifestyle Plan (H.E.L.P.) and the training advice provided herein, are intended to further educate and assist women to work toward their health and fitness goals.



# Your Weekly Workouts

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## WHAT WILL YOU BE DOING?

Over the next 12 weeks, you will be performing three of my recommended styles of training:

- Resistance Training
- Cardio Training
- Rehabilitation (Stretching)

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.

## Resistance Training

The circuits that I have provided from pages 30 to 81 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 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 93.

## Circuits

As mentioned previously, the resistance training portion of this training program will require you to follow a circuit format. Rather than completing a set number of repetitions and then resting, circuit training requires you to perform two or more exercises (with a specific number of repetitions) as many times as you can in a set amount of time.

Each workout in this program will consist of two rounds of two different circuits, each lasting seven minutes. In each circuit, you will need to complete the four exercises as *many times as*

## YOUR WEEKLY WORKOUTS

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you can in seven minutes. Do your best to exercise for the entire seven 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 28 for my recommended workout structure.

*Note: Prior to beginning your resistance training, I recommend going for a 5 minute fast paced walk. Being warm helps to lubricate joints, keep muscles safe for exercise and decrease injury risk.*

### 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, when you stay at the same pace for the entire time. LISS, therefore, is any moderate or long duration cardiovascular exercise that maintains the same duration throughout.

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

- 35-45 minutes of walking at approximately 6.0-6.4 kmph (3.7-3.9 mph);
- 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 that you will sprint at 90-100% capacity (12-17 kmph/7.5-10.5 mph) for 30

## YOUR WEEKLY WORKOUTS

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seconds and then be at a stand still (or slow walk) for 30 seconds, and repeat. This is typically done on a treadmill or bike in a gym over a period of 10-15 minutes.

*Note: When using a treadmill, I recommend jumping your feet onto the sides for the rest period and carefully jump back on for the 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:**

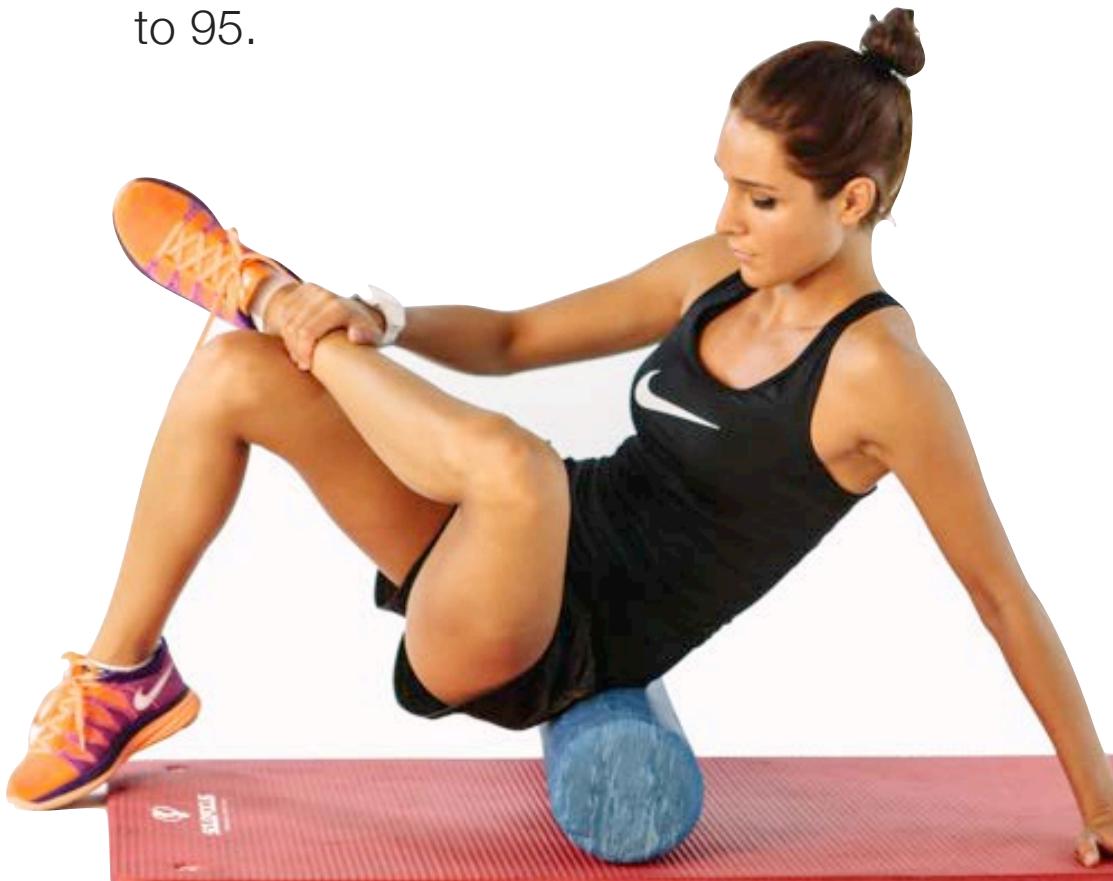
- 10-15 minutes of interval sprints on the treadmill, rower or bike;
- 10-15 minutes of interval sprints on any flat, stable outdoor surface (e.g. grass).

More information about LISS and HIIT can be found on pages 88 to 92.

## 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 at the end of each workout, I recommend that you complete at least one rehabilitation session every week. By this I mean a session that is entirely dedicated to stretching and/or foam rolling. More information about rehabilitation and its importance can be found on pages 94 to 95.



# YOUR WEEKLY WORKOUTS

## Structuring Your Weekly Workouts

In the workouts section, you will see that I have divided the ‘Workouts’ section of guide into three training blocks: Weeks 1-4, Weeks 5-8, and Weeks 9-12.

I have also provided four weeks worth of ‘pre-training’ for individuals who are absolute beginners, are new to this style of training, or are returning to training after giving birth to a baby (and have received *doctor’s clearance* for this program).

The number of sessions that you do for each style of training will change as you progress throughout the guide, so pay careful attention to the weekly training recommendations that I have set out on page 17.

To ensure continued progress throughout this training program, I have used a technique called progressive overload. Simply speaking, progressive overload involves changing your training frequency or resistance in order to continually challenge your body.

However, like anything, this increase in exercise does have a limit. For this reason, I will reiterate that the number of sessions outlined in Week 9-12 should be considered as *maximums*.

By this point you should be able to keep training and seeing regular results. I do not condone exercising at a frequency above this. While training at this level, I also recommend placing a large focus on stretching and resting also. When exercising at such high intensity so regularly, it is important to give your muscles time to relax, recover and adapt.

Week 6 Monday

ARMS ABS

Circuit One	2x7min	Circuit Two	2x7min
Drop Push Ups	15 REPS	Dumbbell Squat Press	15 REPS
3-6 KG			
Plank	1 MIN	Straight Leg Raises + Hip Lift	15 REPS
Tricep Dips (Feet Raised)	20 REPS	Raised Leg Sit Ups + Twist	20 REPS 10 PER SIDE
Bent Leg Raises + Hip Lift	25 REPS	Straight Leg Raises	20 REPS

## YOUR WEEKLY WORKOUTS

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### PRE-TRAINING

#### WEEKS 1-2

2-3 sessions of resistance training  
1-2 sessions of LISS cardio training  
1 rehabilitation (stretch) session

### TRAINING

#### WEEKS 1-4

2-3 sessions of resistance training  
2-3 sessions of LISS cardio training  
1 rehabilitation (stretch) session

#### WEEKS 3-4

2-3 sessions of resistance training  
2-3 sessions of LISS cardio training  
1 rehabilitation (stretch) session

#### WEEKS 5-8

2-3 sessions of resistance training  
3-4 sessions of LISS cardio training  
1 rehabilitation (stretch) session

#### WEEKS 9-12

3-4 sessions of resistance training  
2-3 sessions LISS cardio training  
1-2 sessions HIIT cardio training  
1-2 rehabilitation (stretch) session(s)



## YOUR WEEKLY WORKOUTS

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To assist you with your training, I have provided an example timetable (for Weeks 1-4) below to help you arrange your weekly workouts. However, as everyone's lifestyle and commitments are unique, I will point out that this is an example only.

For this reason, I have provided a list of recommendations or guidelines for you to follow. You should try and follow these guidelines when spreading your workouts throughout the week. You can also download my 'Free Weekly Timetable' from my website to help you with this. This is available for download at [www.kaylaitsines.com/free-timetable](http://www.kaylaitsines.com/free-timetable)

### My recommendations:

- DO NOT perform resistance training and HIIT training on the same day.
- You CAN choose to perform LISS and resistance training on the same day, but it is important that you perform them as two separate sessions (i.e. morning and night), NOT within the same session.
- DO NOT do more than 2 sessions of resistance and/or cardio training (approx. 60–70 minutes of exercise) per day.
- Rehabilitation is not the same intensity as other training and can be done after any other session of exercise (resistance, LISS or HIIT). It is a form of cool down and rehabilitation.

Weeks 1-4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance	✓		✓		✓		
LISS		✓		✓		✓	
HIIT							
Stretch						✓	

# 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.

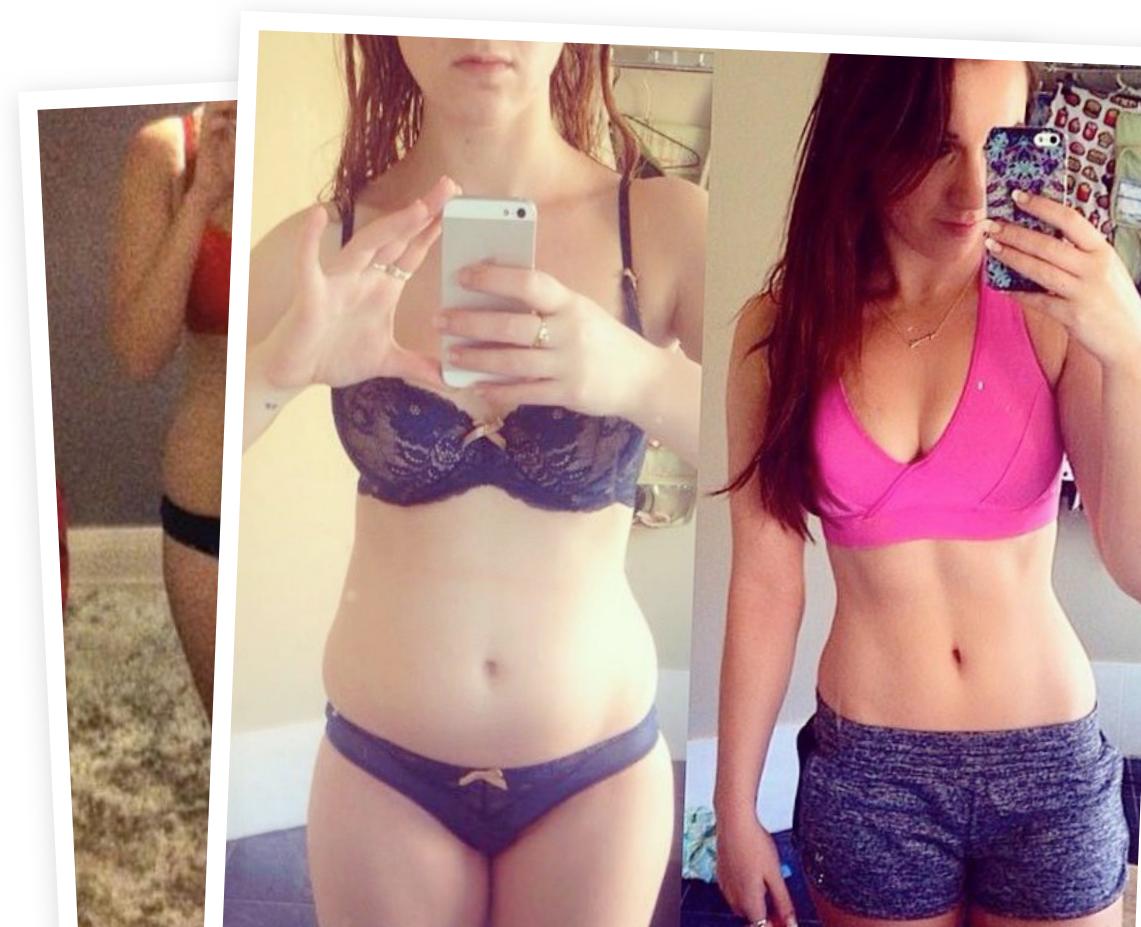
When measuring your progress, it is important that you take photos or weigh yourself in similar situation each time. This means that your results will not be influenced by

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).

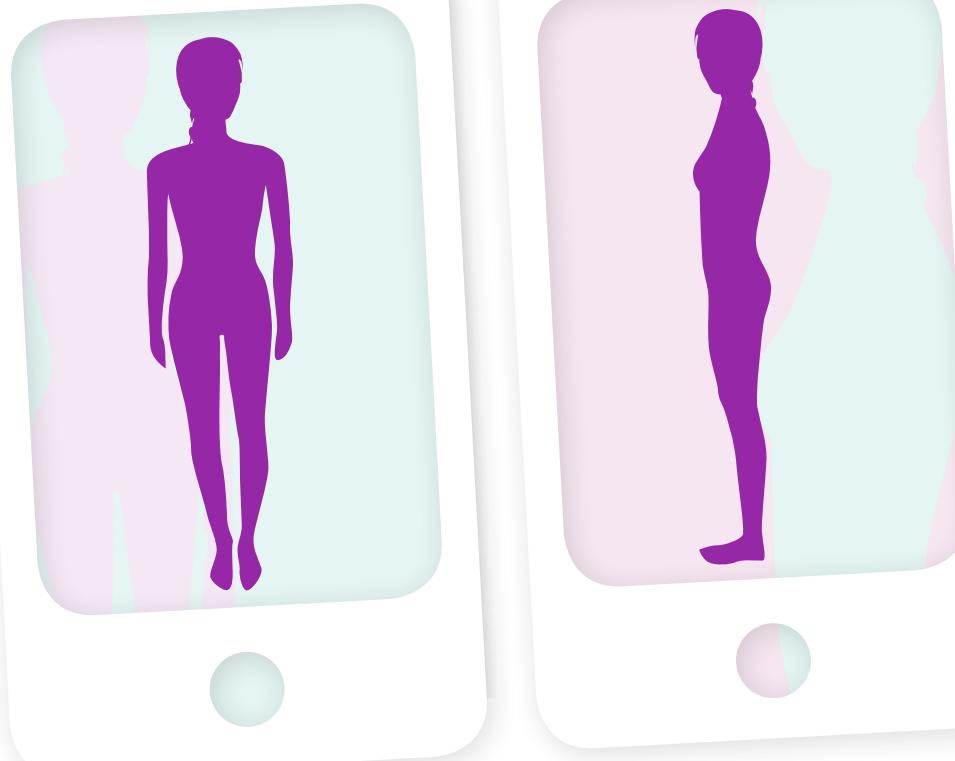
I suggest that you weigh yourself every fourth Monday morning as soon as you get up. Don't worry, I have included some reminders into your weekly workouts! Try not to do this everyday as this helps to avoid disappointment with small day-to-day changes (which are perfectly normal!).



## 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 me your progress photos to [transformations@kaylaitsines.com](mailto:transformations@kaylaitsines.com)

# Equipment

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

- Dumbbells (3-6kg)
- Medicine Ball (6-12kg)
- 2 Flat Benches (30cm+)
- Skipping Rope

## SUBSTITUTES

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

**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 or are unable to purchase one.

## OTHER ITEMS

- Drink Bottle
- Foam Roller
- Sweat Towel
- Yoga Mat
- Music!



# Note for Beginners

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**It is important to note that Weeks 1-12 have been written for individuals who already have a basic level of cardio fitness. Due to the high intensity of this style of training, I do not recommend them for absolute beginners.**

For this reason, I have provided four weeks worth of additional training, called 'Pre-Training'.

Like the rest of this training guide, I have incorporated the technique of progressive overload into these pre-training workouts. The first two weeks consist primarily of body weight exercises, with plyometric and weights training being incorporated into the next two weeks. In short, these workouts have been written to prepare you for Week 1-12, thus they should be completed first, particularly if you are a beginner, are new to this type of training,

and are returning to training after giving birth to a baby (and have received doctor's clearance for this program).

**Regardless of your fitness level, it is important that you read the education section prior to commencing this guide.**



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WORKOUTS

# Symbols

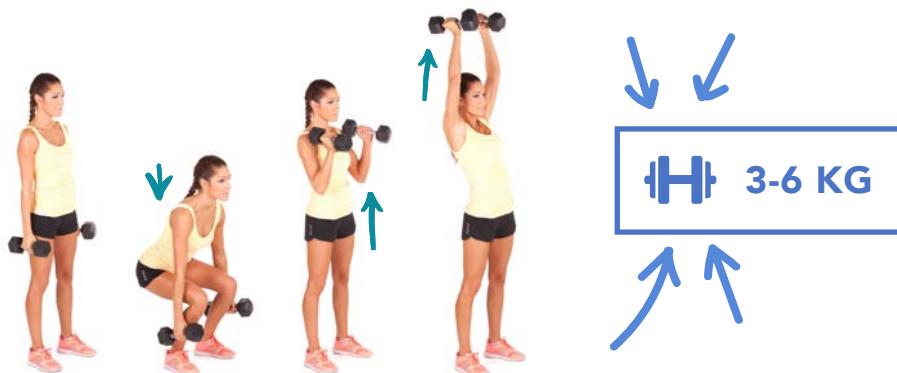
In the workout section of this guide, I have used the following symbols:

## Stop Watch



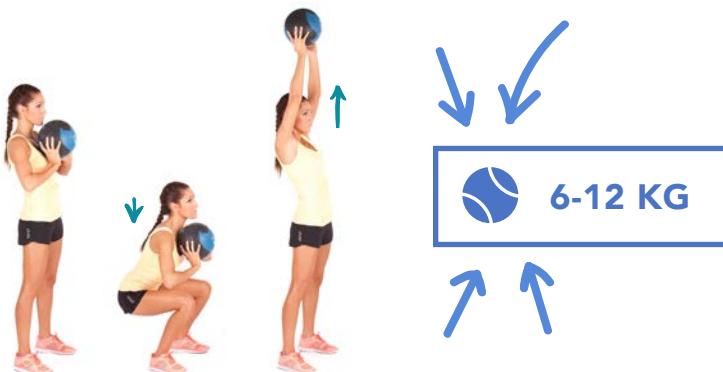
This symbol indicates that the exercise is time-based, rather than repetition-based. You will need to perform the exercise continuously during the designated time provided. Refer to the box to the right of the exercise name for the length of time that you will need to perform the exercise (e.g. ONE MIN).

## 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.

# Symbols

## BOSU

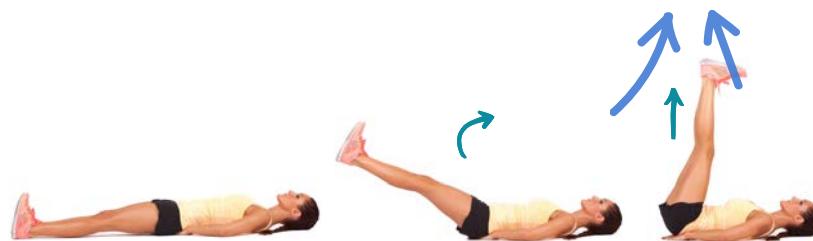
Bosu Burpees  15 REPS



This symbol indicates that a bosu is required. If you are unable to purchase or access a bosu, then it can easily be omitted from your workouts.

## Regression

Straight Leg Raises  15 REPS



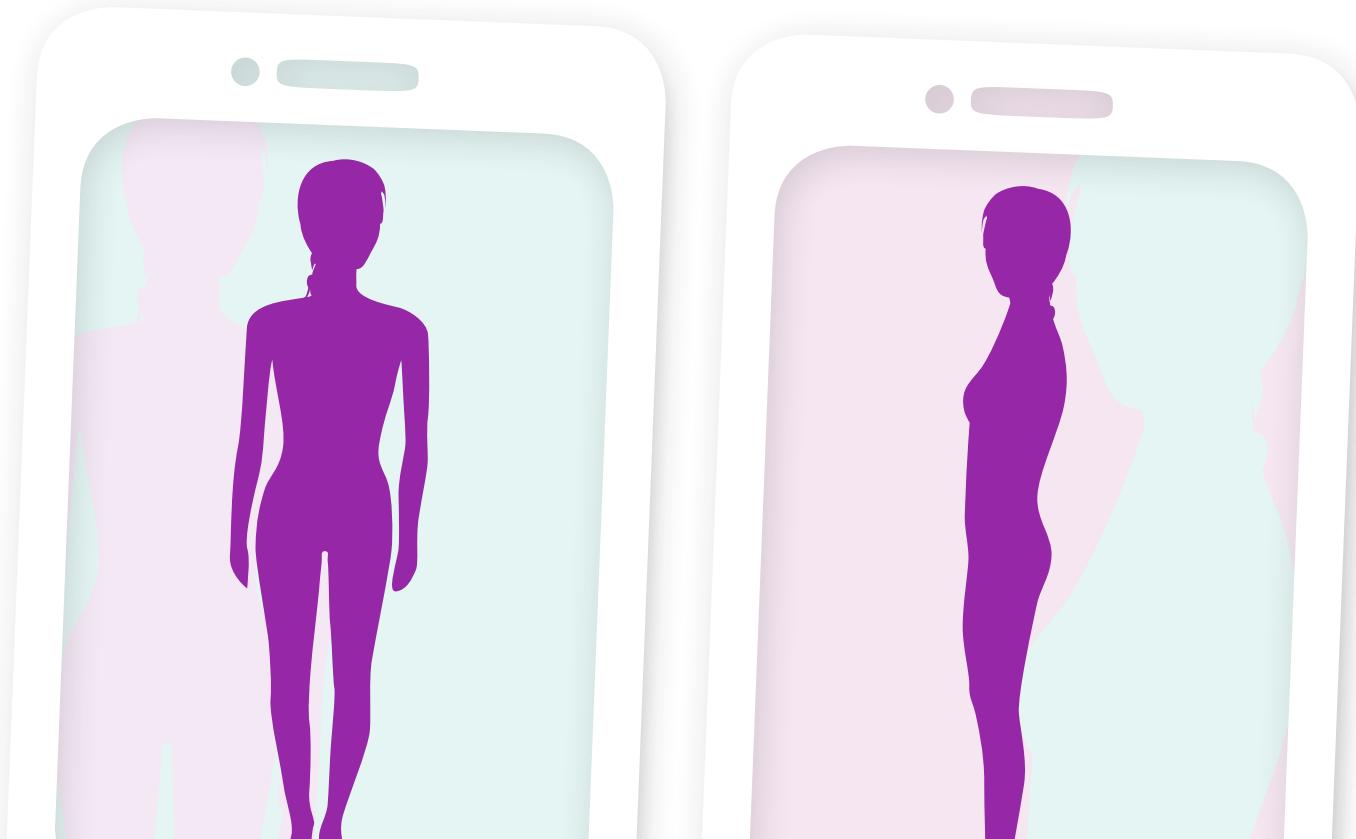
This symbol indicates that a less difficult alternative is provided in the exercise glossary. Refer to the exercise within the glossary for cues.

## Photo Reminder!

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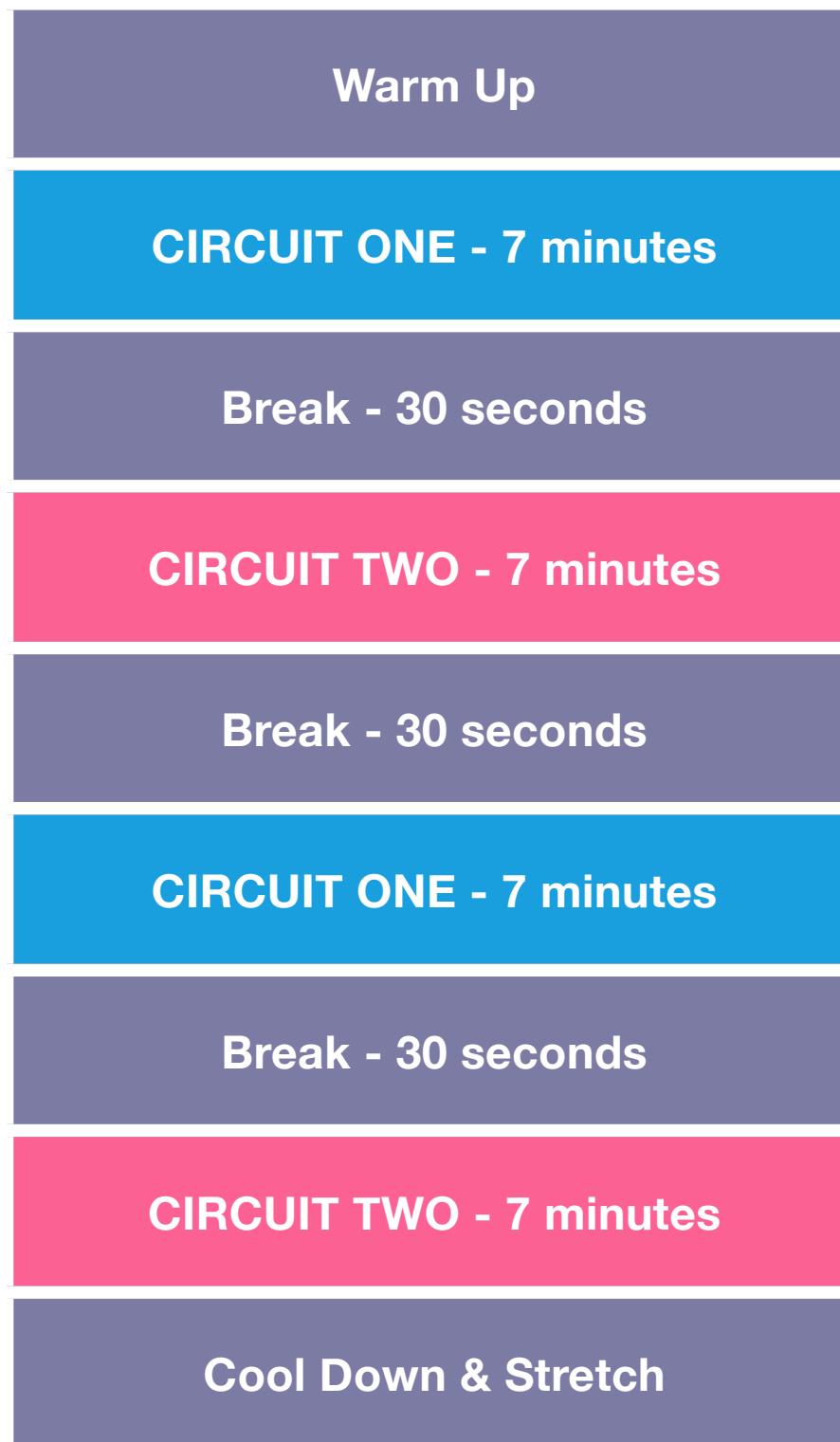
I love seeing your progress, so please feel free to TAG me in your photos via my social media pages with @kayla\_itsines or #kaylaitsines.

You can also email your progress photos to me at [transformations@kaylaitsines.com](mailto:transformations@kaylaitsines.com)



# HOW TO DO THE WORKOUTS

- 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!

# Pre-Training Week 1 Monday

## LEGS & CARDIO

### Circuit One

2x7min

#### Squats

15 REPS



#### Stationary Lunges

24 REPS  
12 PER SIDE



#### Skipping

50 REPS



#### Knee Ups

24 REPS  
12 PER SIDE



### Circuit Two

2x7min

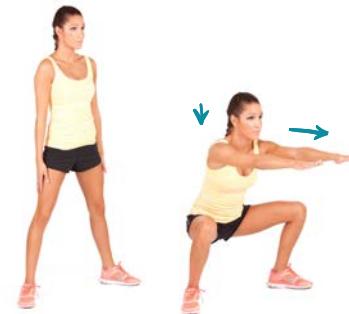
#### Walking Lunges

24 REPS  
12 PER SIDE



#### Sumo Squats

15 REPS



#### Step Ups

24 REPS  
12 PER SIDE



#### Mountain Climbers

50 REPS  
25 PER SIDE



**Cool Down - Lower Body Stretch Routine (see page 84)**

**Pre-Training Week 1 Tuesday - LISS (35-45 mins)**

# Pre-Training Week 1 Wednesday

ARMS & ABS

Circuit One

2x7min

Push Ups (On Knees)

15 REPS

Circuit Two

2x7min

Lay Down Push Ups (On Knees)

15 REPS

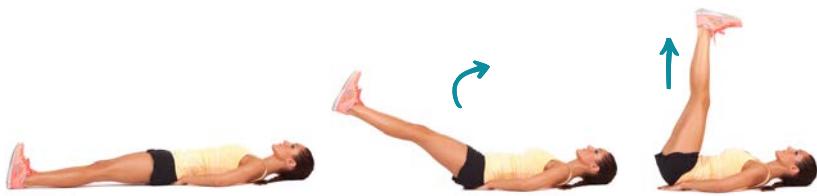


Straight Leg Raises

15 REPS

Straight Leg Sit Ups

15 REPS



Toe Taps

15 REPS

Tricep Dips

15 REPS



Plank

30 SECS

Ab Bikes

30 REPS  
15 PER SIDE



Cool Down - Upper Body Stretch Routines (see page 85)

Pre-Training Week 1 Thursday - LISS (35-45 mins)

# Pre-Training Week 1 Friday

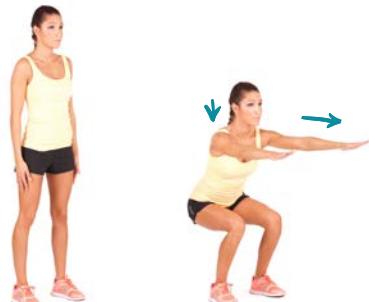
## FULL BODY (OPTIONAL)

### Circuit One

2x7min

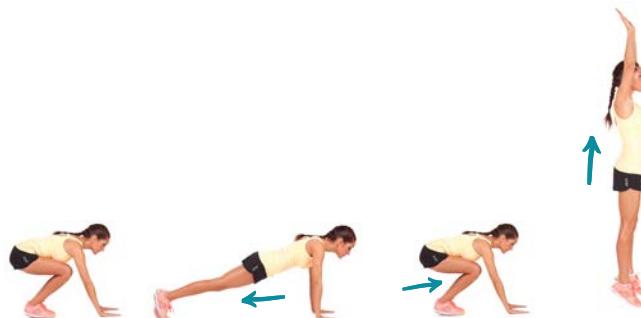
#### Squats

20 REPS



#### Burpees

10 REPS



#### Tricep Dips

20 REPS



#### Straight Leg Sit Ups

15 REPS



### Circuit Two

2x7min

#### Toe Taps

20 REPS



#### Lay Down Push Ups (On Knees)

15 REPS



#### Step Ups

24 REPS  
12 PER SIDE



#### Mountain Climbers

50 REPS  
25 PER SIDE



**Cool Down - Lower and Upper Body Stretch Routines (see page 84-85)**

**Pre-Training Week 1 Saturday - REHABILITATION (see pages 82-85)**

# Pre-Training Week 2 Monday

## LEGS & CARDIO

### Circuit One

2x7min

#### Squats

15 REPS



#### Stationary Lunges

24 REPS  
12 PER SIDE



#### Skipping

50 REPS



#### Knee Ups

24 REPS  
12 PER SIDE



### Circuit Two

2x7min

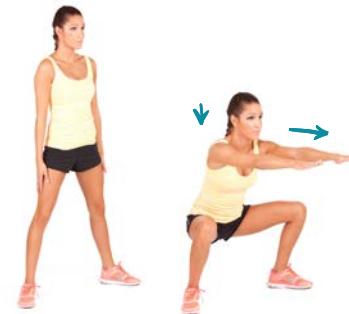
#### Walking Lunges

24 REPS  
12 PER SIDE



#### Sumo Squats

15 REPS



#### Step Ups

24 REPS  
12 PER SIDE



#### Mountain Climbers

50 REPS  
25 PER SIDE



**Cool Down - Lower Body Stretch Routine (see page 84)**

**Pre-Training Week 2 Tuesday - LISS (35-45 mins)**

# Pre-Training Week 2 Wednesday

ARMS & ABS

Circuit One

2x7min

Push Ups (On Knees)

15 REPS

Circuit Two

2x7min

Lay Down Push Ups (On Knees)

15 REPS

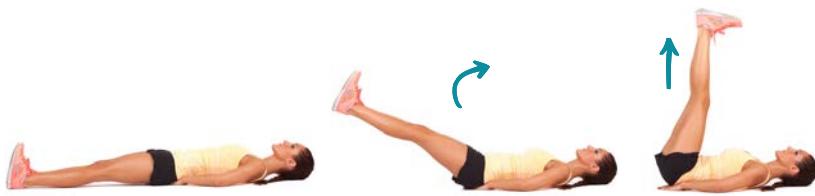


Straight Leg Raises

15 REPS

Straight Leg Sit Ups

15 REPS



Toe Taps

15 REPS

Tricep Dips

15 REPS



Plank

30 SECS

Ab Bikes

30 REPS  
15 PER SIDE



Cool Down - Upper Body Stretch Routines (see page 85)

Pre-Training Week 2 Thursday - LISS (35-45 mins)

# Pre-Training Week 2 Friday

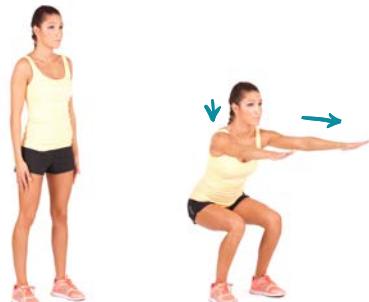
## FULL BODY (OPTIONAL)

### Circuit One

2x7min

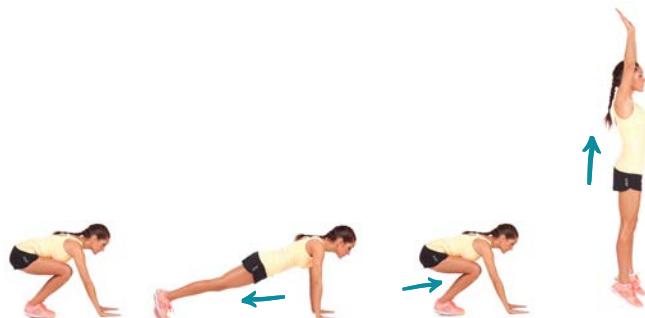
#### Squats

20 REPS



#### Burpees

10 REPS



#### Tricep Dips

20 REPS



#### Straight Leg Sit Ups

15 REPS



### Circuit Two

2x7min

#### Toe Taps

20 REPS



#### Lay Down Push Ups (On Knees)

15 REPS



#### Step Ups

24 REPS  
12 PER SIDE



#### Mountain Climbers

50 REPS  
25 PER SIDE



**Cool Down - Lower and Upper Body Stretch Routines (see page 84-85)**

**Pre-Training Week 2 Saturday - REHABILITATION (see pages 82-85)**

# Pre-Training Week 3 Monday

# LEGS & CARDIO

## Circuit One

2x7min

### Medicine Ball Squat and Press

15 REPS



6-12 KG

### Knee Ups

24 REPS  
12 PER SIDE



## Circuit Two

2x7min

### Jump Squats

15 REPS



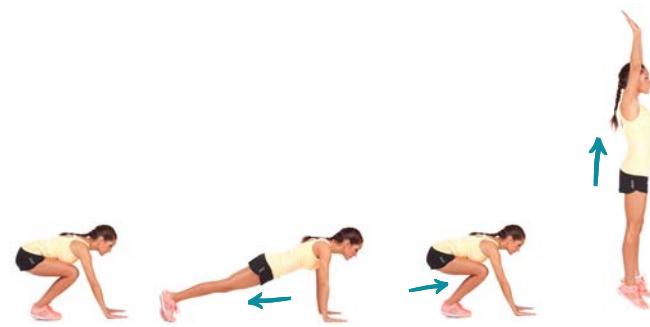
### Skipping

50 REPS



### Burpees

10 REPS



### Stationary Lunges

24 REPS  
12 PER SIDE



3-6 KG

### Weighted Step Ups

24 REPS  
12 PER SIDE



3-6 KG

**Cool Down - Lower Body Stretch Routine (see page 84)**

**Pre-Training Week 3 Tuesday - LISS (35-45 mins)**

# Pre-Training Week 3 Wednesday

ARMS & ABS

Circuit One

2x7min

Push Ups

15 REPS

Circuit Two

2x7min

Mountain Climbers (4) + Push Ups (1)

15 REPS



Straight Leg Sit Ups

15 REPS

Toe Taps

20 REPS



Tricep Dips

15 REPS

Lay Down Push Ups (On Knees)

15 REPS

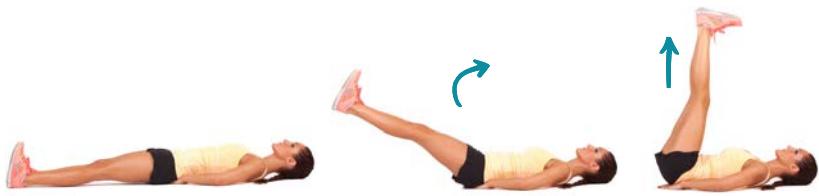


Straight Leg Raises

15 REPS

Commandos

20 REPS  
10 PER SIDE



Cool Down - Upper Body Stretch Routines (see page 85)

Pre-Training Week 3 Thursday - LISS (35-45 mins)

# Pre-Training Week 3 Friday

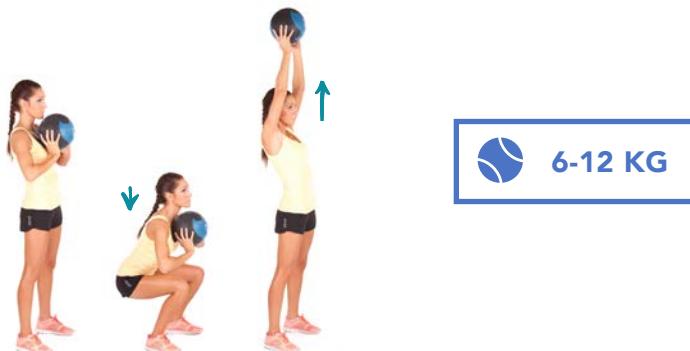
## FULL BODY (OPTIONAL)

### Circuit One

2x7min

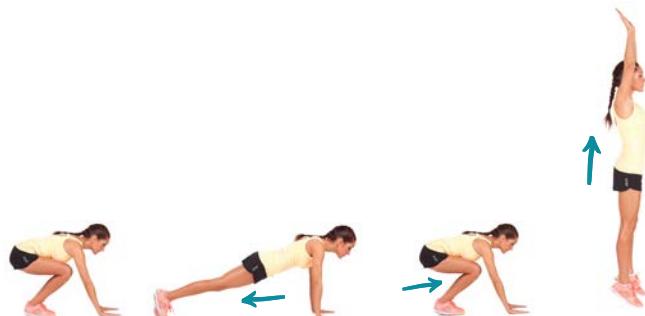
#### Medicine Ball Squat Press

15 REPS



#### Burpees

10 REPS



### Circuit Two

2x7min

#### Jump Lunges

20 REPS  
10 PER SIDE



#### Sumo Squats

15 REPS



#### Push Ups

15 REPS



#### Skipping

50 REPS



#### Toe Taps

15 REPS



#### Straight Leg Sit Ups

20 REPS



**Cool Down - Lower and Upper Body Stretch Routines (see page 84-85)**

**Pre-Training Week 3 Saturday - LISS (35-45 mins) + REHABILITATION (see page 82-85)**

# Pre-Training Week 4 Monday

# LEGS & CARDIO

## Circuit One

2x7min

### Medicine Ball Squat and Press

15 REPS



6-12 KG

### Knee Ups

24 REPS  
12 PER SIDE



### Skipping

50 REPS



### Stationary Lunges

24 REPS  
12 PER SIDE



3-6 KG

## Circuit Two

2x7min

### Jump Squats

15 REPS



### Walking Lunges

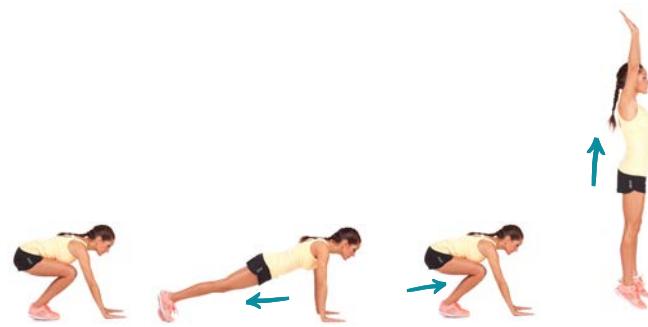
24 REPS  
12 PER SIDE



3-6 KG

### Burpees

10 REPS



### Weighted Step Ups

24 REPS  
12 PER SIDE



3-6 KG

**Cool Down - Lower Body Stretch Routine (see page 84)**

**Pre-Training Week 4 Tuesday - LISS (35-45 mins)**

# Pre-Training Week 4 Wednesday

ARMS & ABS

Circuit One

2x7min

Push Ups

15 REPS

Circuit Two

2x7min

Mountain Climbers (4) + Push Ups (1)

15 REPS



Straight Leg Sit Ups

15 REPS

Toe Taps

20 REPS



Tricep Dips

15 REPS

Lay Down Push Ups (On Knees)

15 REPS

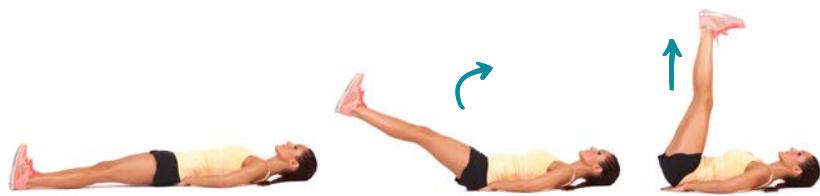


Straight Leg Raises

15 REPS

Commandos

20 REPS  
10 PER SIDE



Cool Down - Upper Body Stretch Routines (see page 85)

Pre-Training Week 4 Thursday - LISS (35-45 mins)

# Pre-Training Week 4 Friday

# FULL BODY (OPTIONAL)

## Circuit One

2x7min

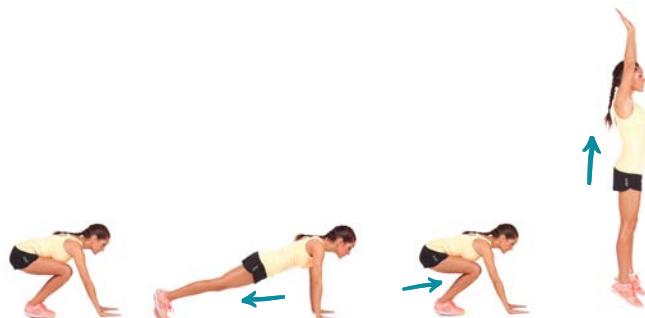
### Medicine Ball Squat Press

15 REPS



### Burpees

10 REPS



## Circuit Two

2x7min

### Jump Lunges

20 REPS  
10 PER SIDE



### Sumo Squats

15 REPS



### Push Ups

15 REPS



### Skipping

50 REPS



### Toe Taps

15 REPS



### Straight Leg Sit Ups

20 REPS



**Cool Down - Lower and Upper Body Stretch Routines (see page 84-85)**

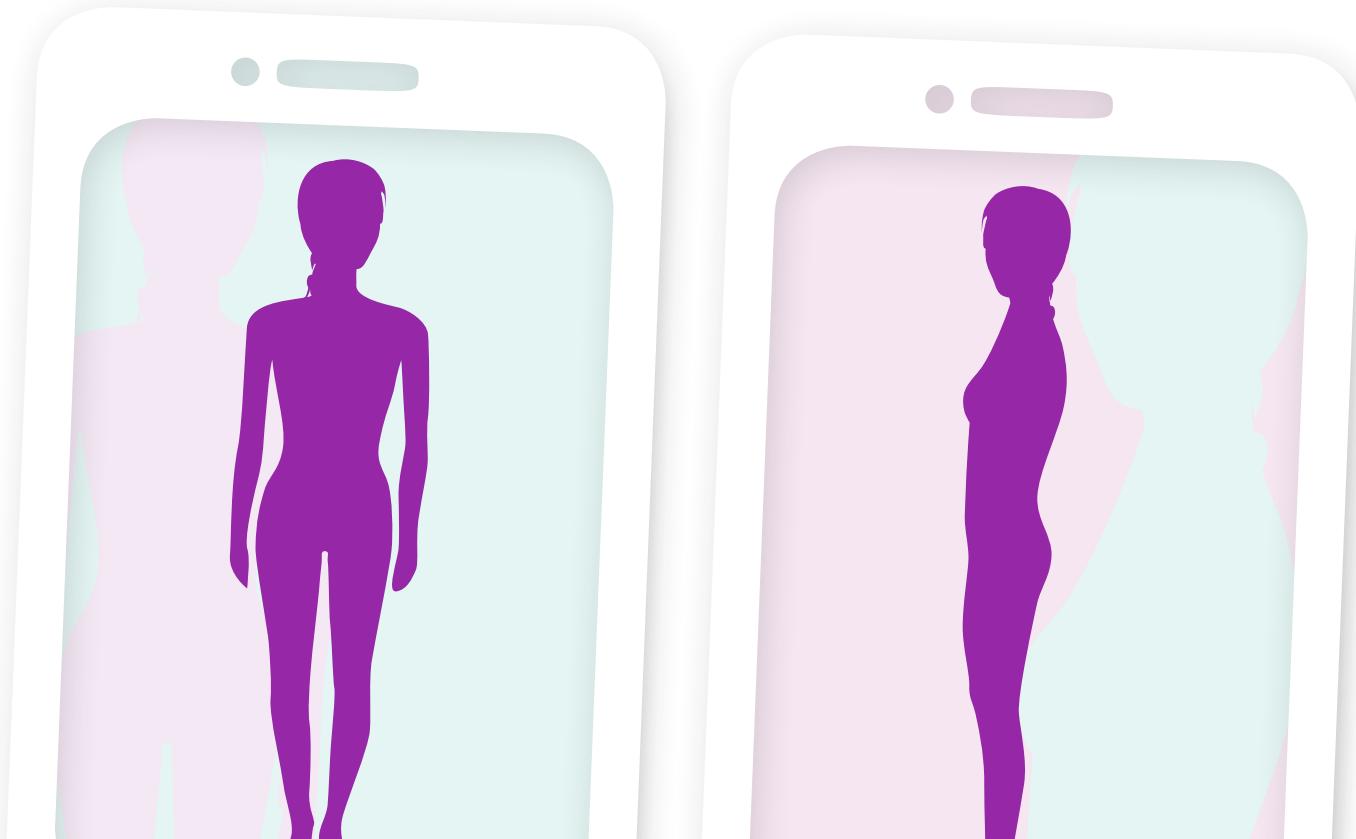
**Pre-Training Week 4 Saturday - LISS (35-45 mins) + REHABILITATION (see page 82-85)**

## Photo Reminder!

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You can also email your progress photos to me at [transformations@kaylaitsines.com](mailto:transformations@kaylaitsines.com)



# Week 1 Monday

# LEGS & CARDIO

## Circuit One

2x7min

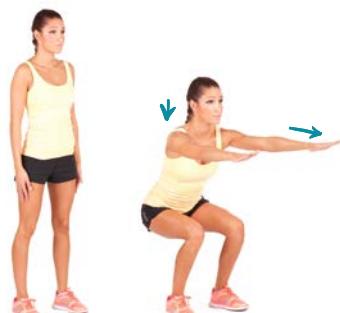
### Jump Squats

15 REPS



### Squats

15 REPS



### Walking Lunges

24 REPS  
12 PER SIDE



### Knee Ups

24 REPS  
12 PER SIDE



## Circuit Two

2x7min

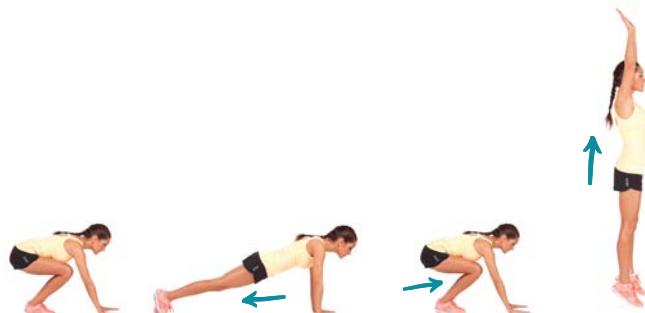
### X Jumps

16 REPS  
8 PER SIDE



### Burpees

10 REPS



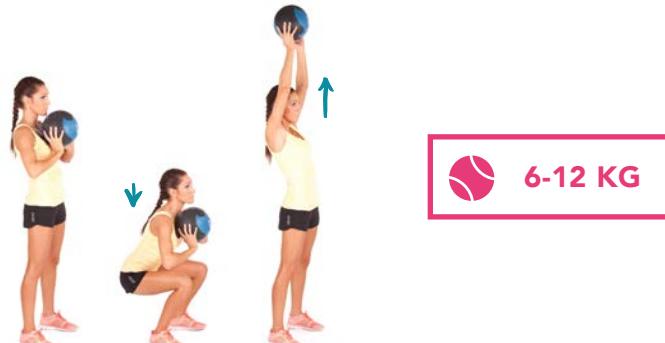
### Weighted Step Ups

24 REPS  
12 PER SIDE



### Medicine Ball Squat & Press

15 REPS



**Cool Down** - Lower Body Stretch Routine (see page 84)

Week 1 Tuesday - LISS (35-45 mins)

# Week 1 Wednesday

## ARMS & ABS

### Circuit One

2x7min

#### Push Ups

15 REPS

### Circuit Two

2x7min

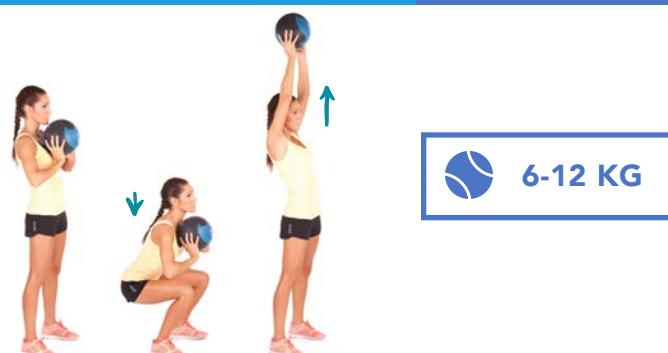
#### Mountain Climbers

40 REPS  
20 PER SIDE



#### Medicine Ball Squat & Press

15 REPS



#### Ab Bikes

40 REPS  
20 PER SIDE



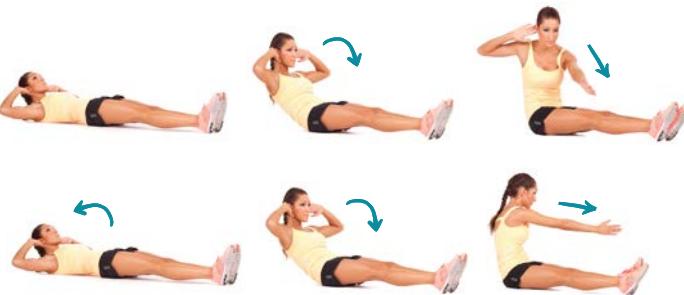
#### Lay Down Push Ups

15 REPS



#### Straight Leg Sit Ups + Twist

30 REPS  
15 PER SIDE



#### Tricep Dips

15 REPS



#### Straight Leg Sit Ups

15 REPS



**Cool Down** - Upper Body Stretch Routine (see page 85)

Week 1 Thursday - LISS (35-45 mins)

# Week 1 Friday

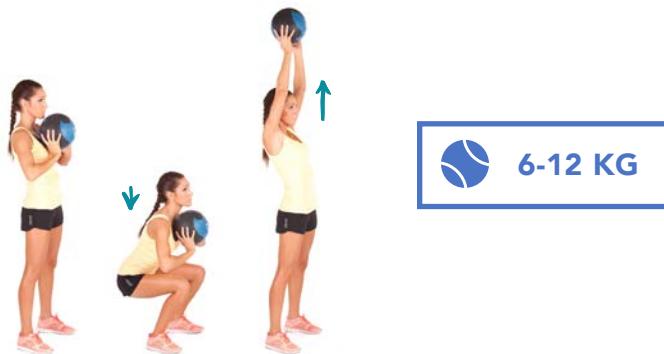
# FULL BODY (OPTIONAL)

## Circuit One

2x7min

### Medicine Ball Squat & Press

15 REPS



### Knee Ups

30 REPS  
15 PER SIDE



### Ab Bikes

40 REPS  
20 PER SIDE



### Walking Lunges

24 REPS  
12 PER SIDE

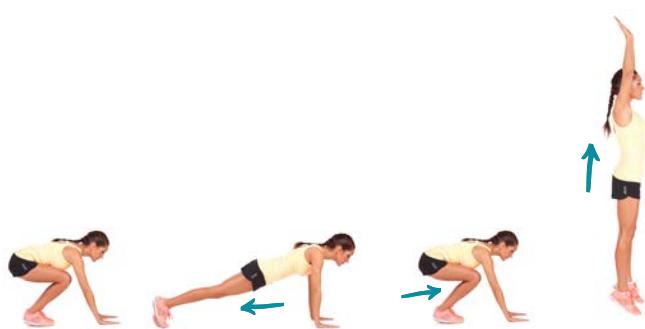


## Circuit Two

2x7min

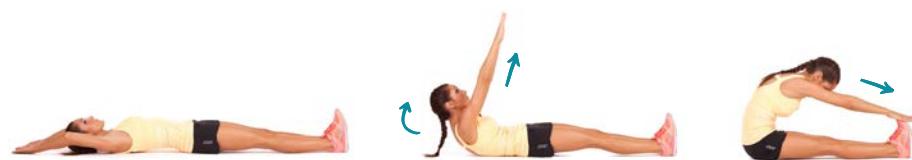
### Burpees

10 REPS



### Straight Leg Sit Ups

15 REPS



### Weighted Step Ups

30 REPS  
15 PER SIDE



### Push Ups

15 REPS



**Cool Down** - Lower and Upper Body Stretch Routines (see page 84-85)

**Week 1 Saturday** - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

# Week 2 Monday

# LEGS & CARDIO

## Circuit One

2x7min

### Burpees

10 REPS



### Jump Lunges

20 REPS  
10 PER SIDE



## Circuit Two

2x7min

### Skipping

100 REPS



### Walking Lunges

24 REPS  
12 PER SIDE



3-6 KG

### Knee Ups

24 REPS  
12 PER SIDE



### Reverse Lunge + Knee Lift

30 REPS  
15 PER SIDE



### Sumo Squats

15 REPS



### Jump Squats

15 REPS



**Cool Down** - Lower Body Stretch Routine (see page 84)

Week 2 Tuesday - LISS (35-45 mins)

# Week 2 Wednesday

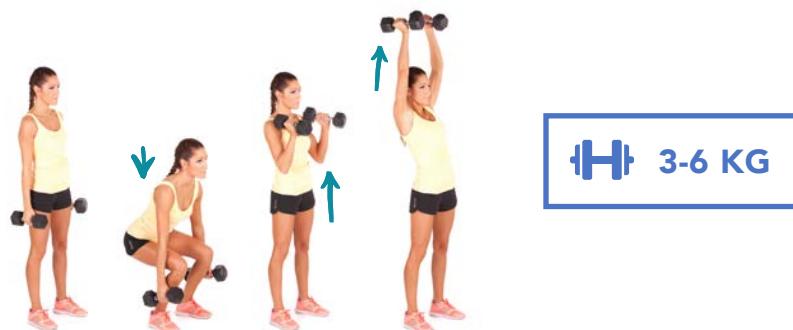
## ARMS & ABS

### Circuit One

2x7min

#### Dumbbell Squat & Press

15 REPS



#### Tricep Dips

15 REPS



#### Commandos

24 REPS  
12 PER SIDE



### Circuit Two

2x7min

#### Bent Leg Sit Ups

20 REPS



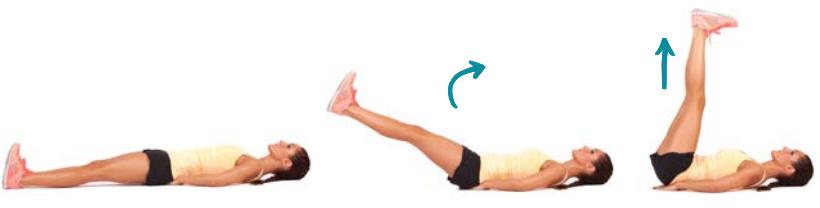
#### Mountain Climbers (4) + Push Ups (1)

15 REPS



#### Straight Leg Raises

15 REPS



#### Straight Leg Jackknives

20 REPS

#### Lay Down Push Ups

15 REPS



**Cool Down** - Upper Body Stretch Routine (see page 85)

Week 2 Thursday - LISS (35-45 mins)

# Week 2 Friday

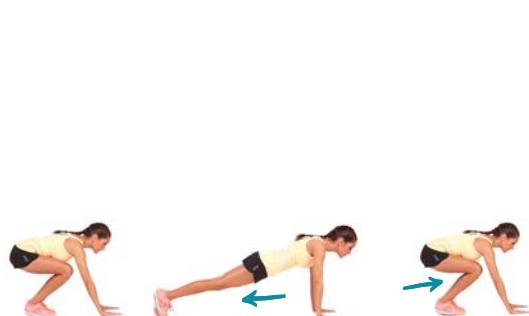
FULL BODY

## Circuit One

2x7min

### Burpees

10 REPS



### Jump Lunges

30 REPS  
15 PER SIDE



## Circuit Two

2x7min

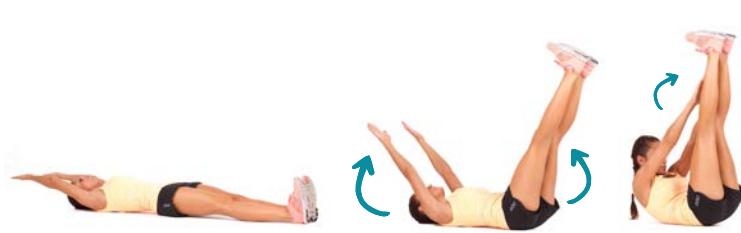
### Mountain Climbers (4) + Push Ups (1)

15 REPS



### Straight Leg Jackknives

15 REPS



### Lay Down Push Ups

15 REPS



### Skipping

100 REPS

### Sumo Squats

15 REPS



### Commandos

24 REPS  
12 PER SIDE



**Cool Down** - Lower and Upper Body Stretch Routine (see page 84-85)

**Week 2 Saturday** - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

# Week 3 Monday

# LEGS & CARDIO

## Circuit One

2x7min

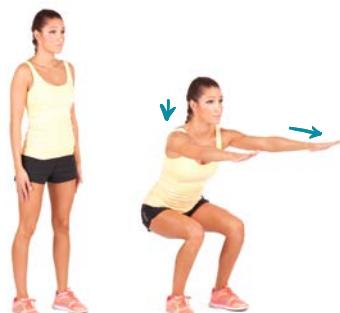
### Jump Squats

15 REPS



### Squats

15 REPS



### Walking Lunges

24 REPS  
12 PER SIDE



### Knee Ups

24 REPS  
12 PER SIDE



## Circuit Two

2x7min

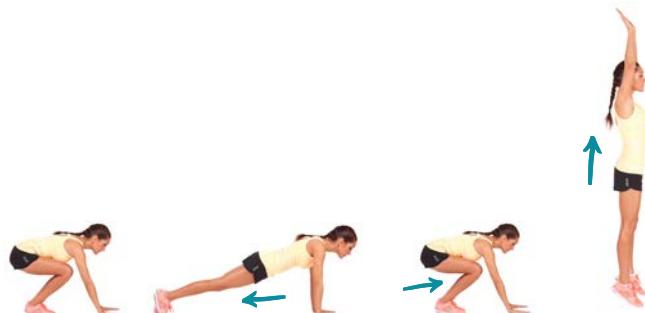
### X Jumps

16 REPS  
8 PER SIDE



### Burpees

10 REPS



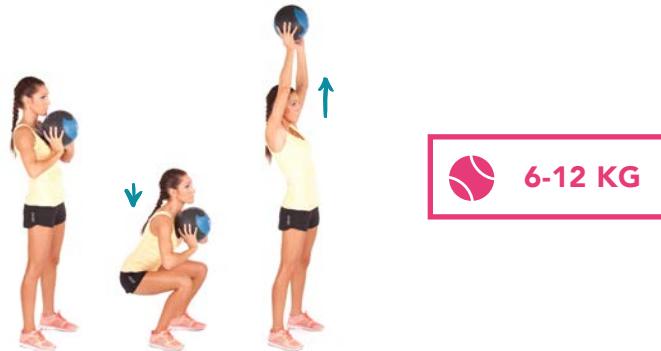
### Weighted Step Ups

24 REPS  
12 PER SIDE



### Medicine Ball Squat & Press

15 REPS



**Cool Down** - Lower Body Stretch Routine (see page 84)

Week 3 Tuesday - LISS (35-45 mins)

# Week 3 Wednesday

## ARMS & ABS

### Circuit One

2x7min

#### Push Ups

15 REPS

### Circuit Two

2x7min

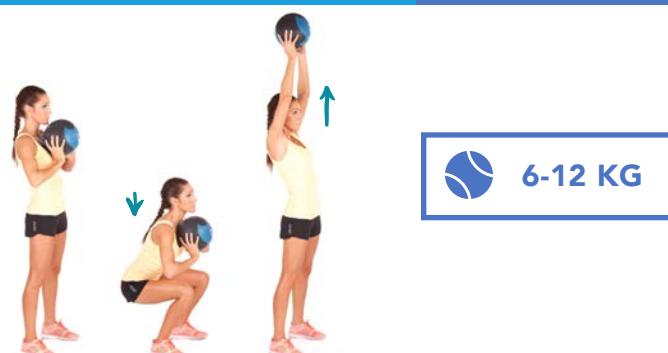
#### Mountain Climbers

40 REPS  
20 PER SIDE



#### Medicine Ball Squat & Press

15 REPS



#### Ab Bikes

40 REPS  
20 PER SIDE



#### Lay Down Push Ups

15 REPS



#### Straight Leg Sit Ups + Twist

30 REPS  
15 PER SIDE



#### Tricep Dips

15 REPS



#### Straight Leg Sit Ups

15 REPS



**Cool Down** - Upper Body Stretch Routine (see page 85)

Week 3 Thursday - LISS (35-45 mins)

# Week 3 Friday

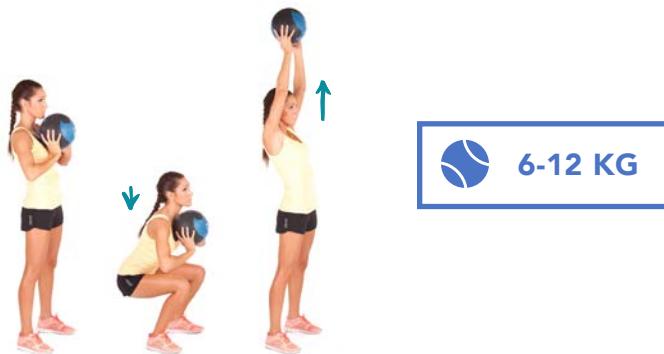
# FULL BODY (OPTIONAL)

## Circuit One

2x7min

### Medicine Ball Squat & Press

15 REPS



### Knee Ups

30 REPS  
15 PER SIDE



### Ab Bikes

40 REPS  
20 PER SIDE



### Walking Lunges

24 REPS  
12 PER SIDE

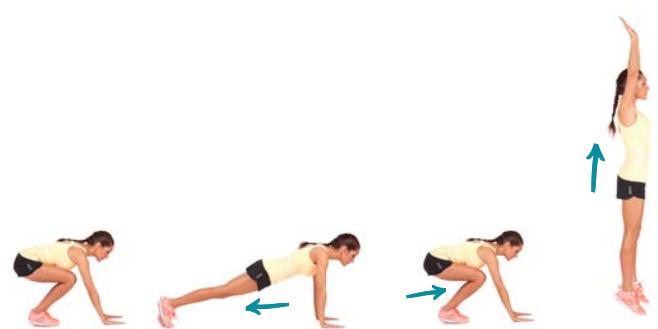


## Circuit Two

2x7min

### Burpees

10 REPS



### Straight Leg Sit Ups

15 REPS



### Weighted Step Ups

30 REPS  
15 PER SIDE



### Push Ups

15 REPS



**Cool Down** - Lower and Upper Body Stretch Routines (see page 84-85)

**Week 3 Saturday** - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

# Week 4 Monday

# LEGS & CARDIO

## Circuit One

2x7min

### Burpees

10 REPS



### Jump Lunges

20 REPS  
10 PER SIDE



## Circuit Two

2x7min

### Skipping

100 REPS



### Walking Lunges

24 REPS  
12 PER SIDE



3-6 KG

### Knee Ups

24 REPS  
12 PER SIDE



### Reverse Lunge + Knee Lift

30 REPS  
15 PER SIDE



### Sumo Squats

15 REPS



### Jump Squats

15 REPS



**Cool Down** - Lower Body Stretch Routine (see page 84)

Week 4 Tuesday - LISS (35-45 mins)

# Week 4 Wednesday

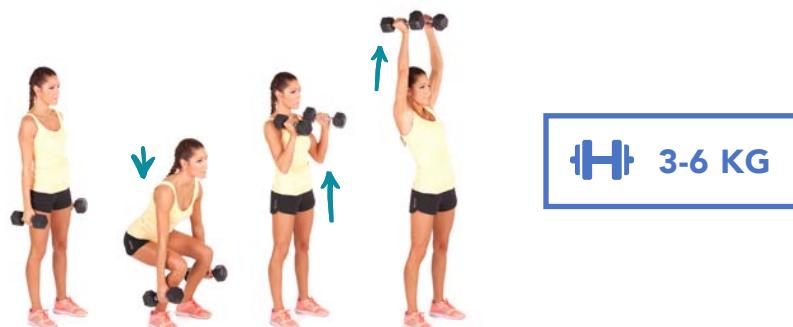
## ARMS & ABS

### Circuit One

2x7min

#### Dumbbell Squat & Press

15 REPS



2x7min

### Circuit Two

20 REPS

#### Bent Leg Sit Ups



#### Tricep Dips

15 REPS



#### Mountain Climbers (4) + Push Ups (1)

15 REPS



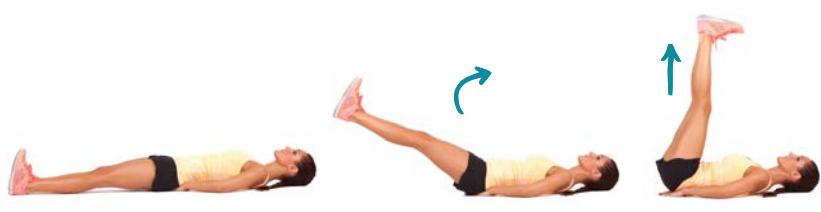
#### Commandos

24 REPS  
12 PER SIDE



#### Straight Leg Raises

15 REPS

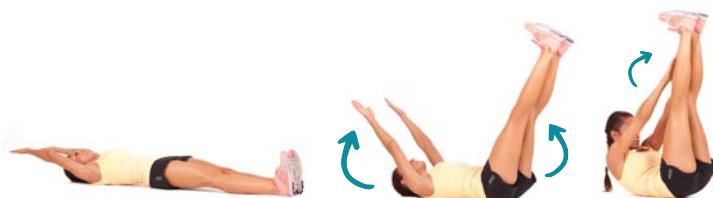


#### Straight Leg Jackknives

20 REPS

#### Lay Down Push Ups

15 REPS



**Cool Down** - Upper Body Stretch Routine (see page 85)

Week 4 Thursday - LISS (35-45 mins)

# Week 4 Friday

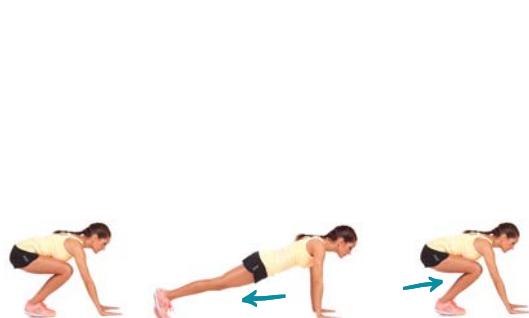
FULL BODY

## Circuit One

2x7min

### Burpees

10 REPS



### Jump Lunges

30 REPS  
15 PER SIDE



## Circuit Two

2x7min

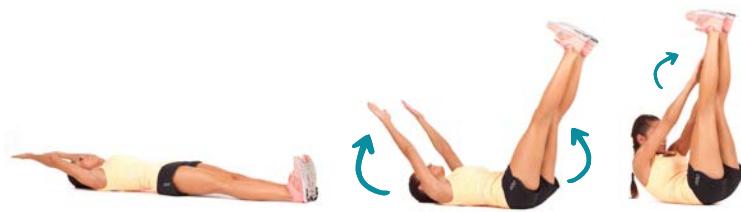
### Mountain Climbers (4) + Push Ups (1)

15 REPS



### Straight Leg Jackknives

15 REPS



### Lay Down Push Ups

15 REPS



### Skipping

100 REPS



### Sumo Squats

15 REPS



### Commandos

24 REPS  
12 PER SIDE



**Cool Down** - Lower and Upper Body Stretch Routine (see page 84-85)

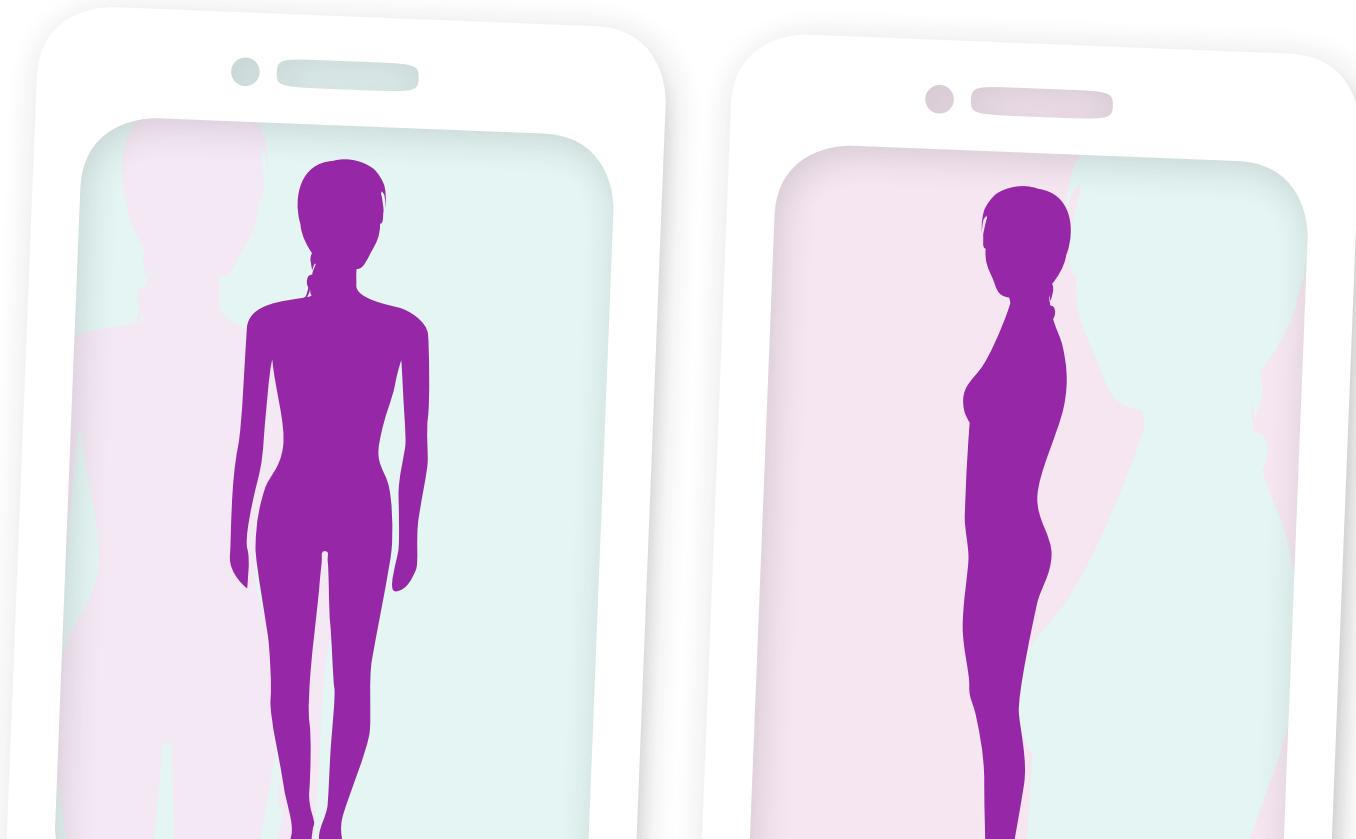
**Week 4 Saturday** - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

## Photo Reminder!

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# Week 5 Monday

# LEGS & CARDIO

## Circuit One

2x7min

### Sumo Jump Squats

15 REPS



### Weighted Sumo Squats (On Bench)

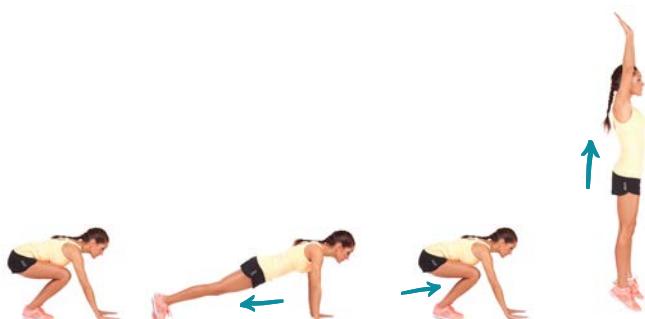
15 REPS

10-15 KG



### Burpees

15 REPS



### Weighted Step Ups

30 REPS  
15 PER SIDE

3-6 KG



## Circuit Two

2x7min

### Jump Lunges

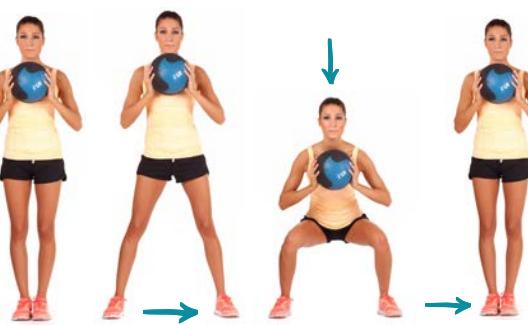
30 REPS  
15 PER SIDE



### Medicine Ball Crab Walk

15 REPS

6-12 KG



### Weighted Walking Lunges

24 REPS  
12 PER SIDE



### Skipping

100 REPS



**Cool Down** - Lower Body Stretch Routine (see page 84)

Week 5 Tuesday - LISS (35-45 mins)

# Week 5 Wednesday

## ARMS & ABS

### Circuit One

2x7min

Mountain Climbers (10) + Push Ups (2)

8 REPS



Straight Leg Raises + Hip Lift

15 REPS



Lay Down Push Ups

15 REPS



Weighted Bent Leg Jackknives

15 REPS



3-6 KG

### Circuit Two

2x7min

Dumbbell Squat & Press

15 REPS



3-6 KG

Decline Push Ups

15 REPS



Tricep Dips (Feet Raised)

15 REPS



Commandos

24 REPS  
12 PER SIDE



**Cool Down** - Upper Body Stretch Routine (see page 85)

Week 5 Thursday - LISS (35-45 mins)

# Week 5 Friday

FULL BODY

## Circuit One

2x7min

### Mountain Climbers

50 REPS  
25 PER SIDE



### Weighted Bent Leg Jackknives

15 REPS



3-6 KG



### Straight Leg Jackknives

100 REPS



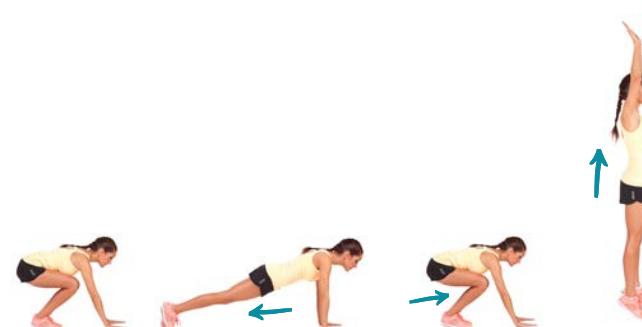
15 REPS

## Circuit Two

2x7min

### Burpees

15 REPS



### Raised Leg Sit Ups + Twist

30 REPS  
15 PER SIDE



### Ab Bikes

40 REPS  
20 PER SIDE



### Straight Leg Raises

15 REPS



15 REPS

**Cool Down** - Lower and Upper Body Stretch Routine (see page 84-85)

**Week 5 Saturday** - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

# Week 6 Monday

## ARMS & ABS

### Circuit One

2x7min

#### Drop Push Ups

15 REPS



### Circuit Two

2x7min

#### Dumbbell Squat & Press

15 REPS



3-6 KG

#### Plank

1 MIN



#### Straight Leg Raises + Hip Lift

15 REPS



#### Tricep Dips (Feet Raised)

20 REPS



#### Raised Leg Sit Ups + Twist

20 REPS  
10 PER SIDE



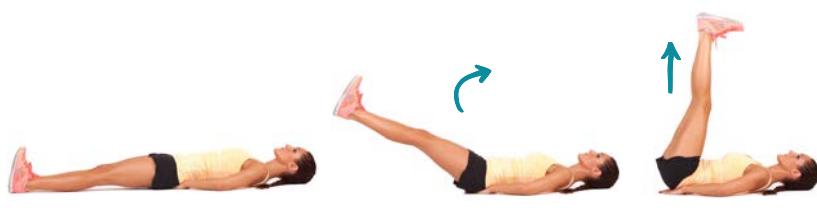
#### Bent Leg Raises + Hip Lift

25 REPS



#### Straight Leg Raises

20 REPS



**Cool Down** - Upper Body Stretch Routine (see page 85)

Week 6 Tuesday - LISS (35-45 mins)

# Week 6 Wednesday

# ABS & CARDIO

## Circuit One

2x7min

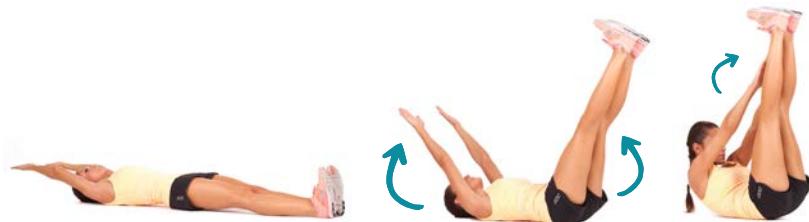
### Snap Jumps

20 REPS



### Straight Leg Jackknives

20 REPS



### Skipping

100 REPS



### Ab Bikes

40 REPS  
20 PER SIDE



## Circuit Two

2x7min

### Burpees

15 REPS



### Mountain Climbers

50 REPS  
25 PER SIDE



### Scissor Kicks

40 REPS  
20 PER SIDE



### X Jumps

20 REPS  
10 PER SIDE



**Cool Down** - Upper Body Stretch Routine (see page 85)

**Week 6 Thursday - LISS (35-45 mins)**

# Week 6 Friday

# LEGS & CARDIO

## Circuit One

2x7min

### X Jumps

30 REPS  
15 PER SIDE



### Weighted Step Ups

30 REPS  
15 PER SIDE



### Jump Lunges

40 REPS  
20 PER SIDE



### Tuck Jumps

15 REPS



## Circuit Two

2x7min

### Sumo Jump Squats

15 REPS



### Split Squats

15 REPS



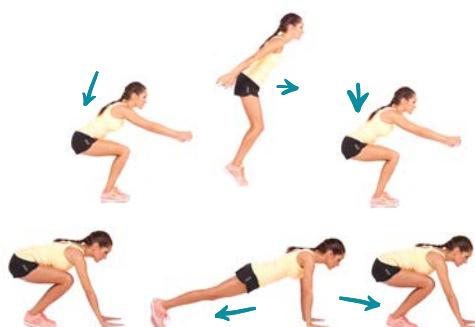
### Weighted Walking Lunges

24 REPS  
12 PER SIDE



### Broad Jump Burpees

15 REPS



**Cool Down** - Lower Body Stretch Routine (see page 84)

**Week 6 Saturday** - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

# Week 7 Monday

## LEGS & CARDIO

### Circuit One

2x7min

#### Sumo Jump Squats

15 REPS



#### Weighted Sumo Squats (On Bench)

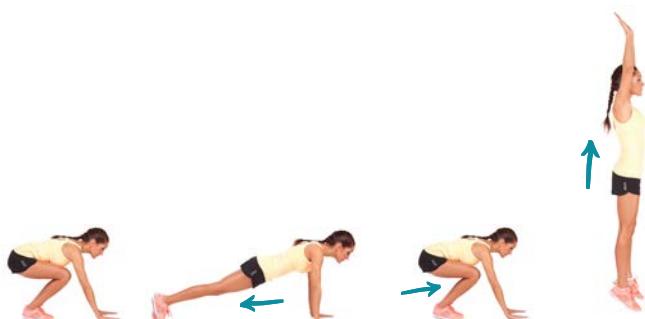
15 REPS

10-15 KG



#### Burpees

15 REPS



#### Weighted Step Ups

30 REPS  
15 PER SIDE

3-6 KG



### Circuit Two

2x7min

#### Jump Lunges

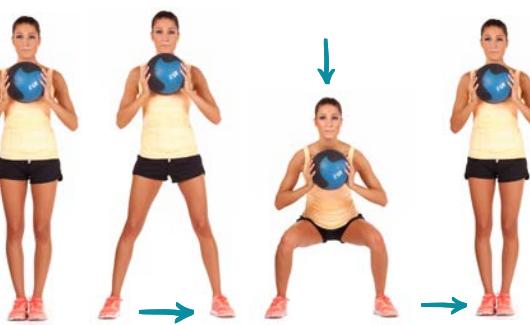
30 REPS  
15 PER SIDE



#### Medicine Ball Crab Walk

15 REPS

6-12 KG



#### Weighted Walking Lunges

24 REPS  
12 PER SIDE



#### Skipping

100 REPS

**Cool Down** - Lower Body Stretch Routine (see page 84)

Week 7 Tuesday - LISS (35-45 mins)

# Week 7 Wednesday

## ARMS & ABS

### Circuit One

2x7min

Mountain Climbers (10) + Push Ups (2)

8 REPS



Straight Leg Raises + Hip Lift

15 REPS



Lay Down Push Ups

15 REPS



Weighted Bent Leg Jackknives

15 REPS



### Circuit Two

2x7min

Dumbbell Squat & Press

15 REPS



3-6 KG

Decline Push Ups

15 REPS



Tricep Dips (Feet Raised)

15 REPS



Commandos

24 REPS  
12 PER SIDE



**Cool Down** - Upper Body Stretch Routine (see page 85)

Week 7 Thursday - LISS (35-45 mins)

# Week 7 Friday

FULL BODY

## Circuit One

2x7min

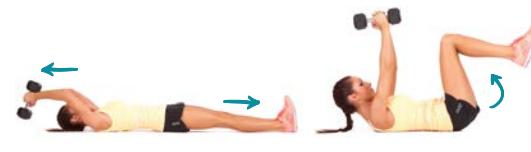
### Mountain Climbers

50 REPS  
25 PER SIDE



### Weighted Bent Leg Jackknives

15 REPS



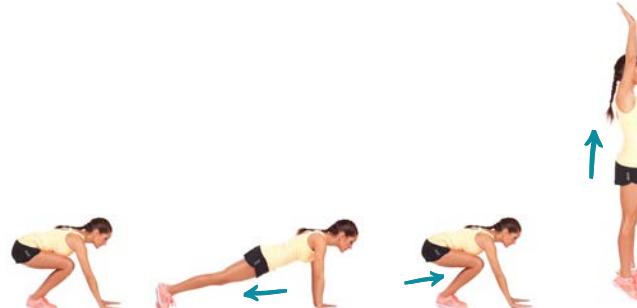
3-6 KG

## Circuit Two

2x7min

### Burpees

15 REPS



### Raised Leg Sit Ups + Twist

30 REPS  
15 PER SIDE



### Skipping

100 REPS



### Ab Bikes

40 REPS  
20 PER SIDE



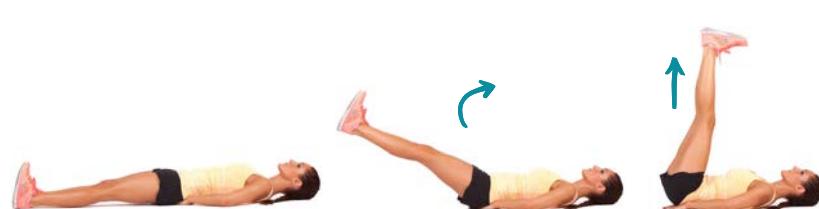
### Straight Leg Jackknives

15 REPS



### Straight Leg Raises

15 REPS



**Cool Down** - Lower and Upper Body Stretch Routine (see page 84-85)

**Week 7 Saturday** - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

# Week 8 Monday

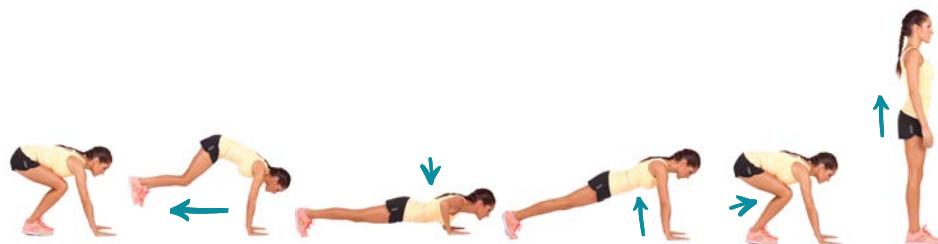
## ARMS & ABS

### Circuit One

2x7min

#### Drop Push Ups

15 REPS



#### Plank

1 MIN



#### Tricep Dips (Feet Raised)

20 REPS



#### Bent Leg Raises + Hip Lift

25 REPS



### Circuit Two

2x7min

#### Dumbbell Squat & Press

15 REPS



 3-6 KG

#### Straight Leg Raises + Hip Lift

15 REPS



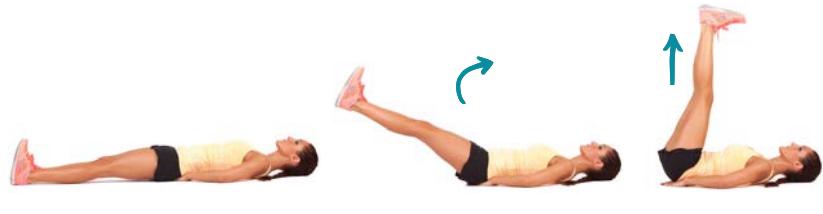
#### Raised Leg Sit Ups + Twist

20 REPS  
10 PER SIDE



#### Straight Leg Raises

20 REPS



**Cool Down** - Upper Body Stretch Routine (see page 85)

Week 8 Tuesday - LISS (35-45 mins)

# Week 8 Wednesday

# ABS & CARDIO

## Circuit One

2x7min

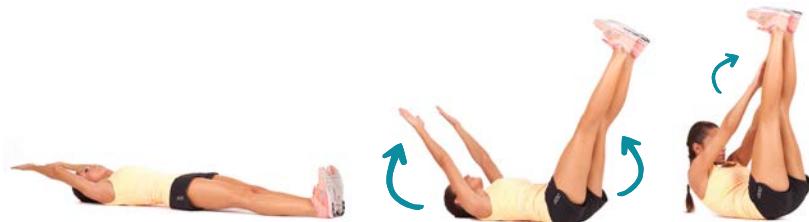
### Snap Jumps

20 REPS



### Straight Leg Jackknives

20 REPS



### Skipping

100 REPS



### Ab Bikes

40 REPS  
20 PER SIDE

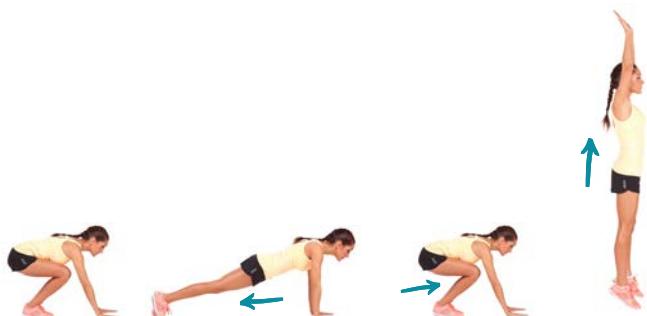


## Circuit Two

2x7min

### Burpees

15 REPS



### Mountain Climbers

50 REPS  
25 PER SIDE



### Scissor Kicks

40 REPS  
20 PER SIDE



### X Jumps

20 REPS  
10 PER SIDE



**Cool Down** - Upper Body Stretch Routine (see page 85)

Week 8 Thursday - LISS (35-45 mins)

# Week 8 Friday

# LEGS & CARDIO

## Circuit One

2x7min

### X Jumps

30 REPS  
15 PER SIDE



### Weighted Step Ups

30 REPS  
15 PER SIDE



3-6 KG

### Jump Lunges

40 REPS  
20 PER SIDE



### Split Squats

15 REPS



24 REPS  
12 PER SIDE

### Weighted Walking Lunges

3-6 KG



### Tuck Jumps

15 REPS



### Broad Jump Burpees

15 REPS



**Cool Down** - Lower Body Stretch Routine (see page 84)

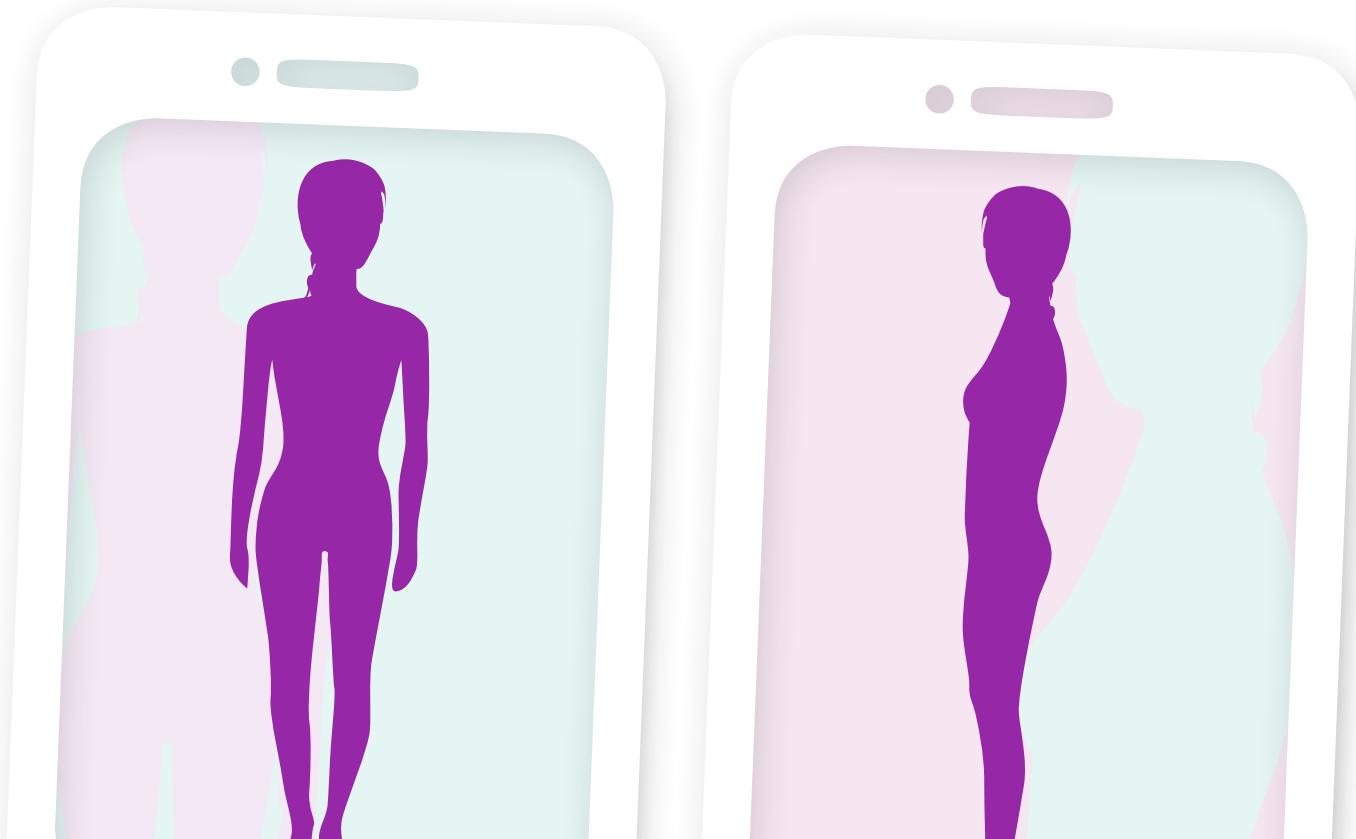
**Week 8 Saturday** - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

## 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 [transformations@kaylaitsines.com](mailto:transformations@kaylaitsines.com)



# Week 9 Monday

LEGS

## Circuit One

2x7min

### Jump Lunges

50 REPS  
25 PER SIDE



### Split Squats

20 REPS



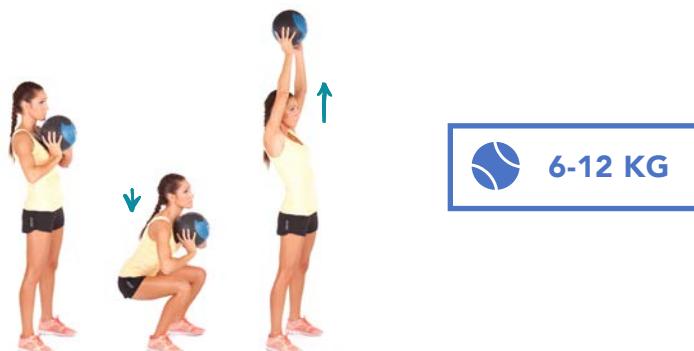
### 180 Degree Jump Squats

20 REPS



### Medicine Ball Squat Press

15 REPS



6-12 KG

## Circuit Two

2x7min

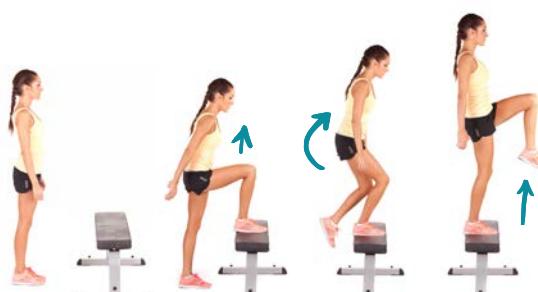
### X Hops

20 REPS



### Knee Ups

30 REPS  
15 PER SIDE



### Double Bench Jumps

15 REPS



### Snap Jump + Knee Up

24 REPS  
12 PER SIDE



**Cool Down** - Lower Body Stretch Routine (see page 84)

Week 9 Tuesday - LISS (35-45 mins)

# Week 9 Wednesday

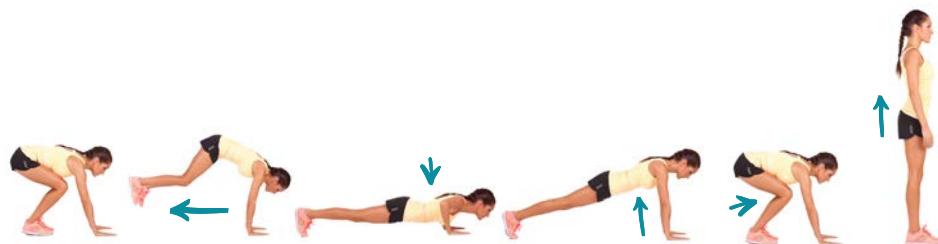
ARMS

## Circuit One

2x7min

### Drop Push Ups

20 REPS

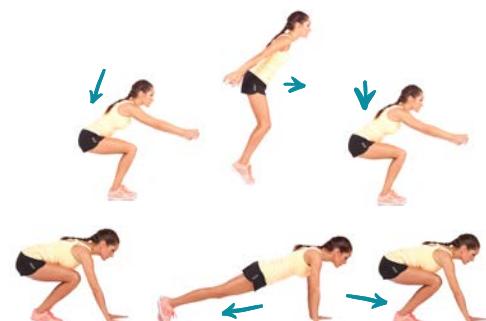


## Circuit Two

2x7min

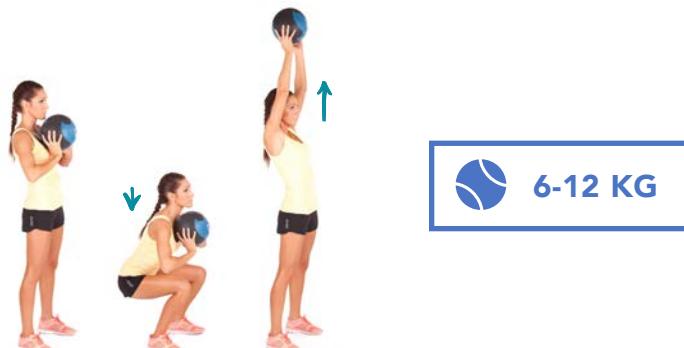
### Broad Jump Burpees

15 REPS



### Medicine Ball Squat & Press

15 REPS



### Tricep Dips (Feet Raised)

20 REPS

### Dumbbell Squat & Press

15 REPS



### Mountain Climbers (10) + Push Ups (2)

8 REPS

### Bosu Burpees

15 REPS



**Cool Down** - Upper Body Stretch Routine (see page 85)

Week 9 Thursday - LISS (35-45 mins)

# Week 9 Friday

ABS

## Circuit One

2x7min

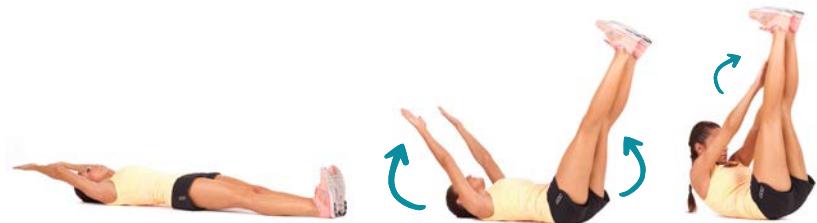
### Straight Leg Raises + Hip Lift

20 REPS



### Straight Leg Jackknives

20 REPS



### Mountain Climbers

50 REPS  
25 PER SIDE



### Ab Bikes

50 REPS  
25 PER SIDE



## Circuit Two

2x7min

### Bench Hops

30 REPS



### Weighted Bent Leg Jackknives

20 REPS



### Straight Leg Raises (On Bench)

20 REPS



### Raised Leg Sit Ups + Twist

30 REPS  
15 PER SIDE



**Cool Down** - Lower and Upper Body Stretch Routine (see page 84-85)

**Week 9 Saturday** - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

# Week 10 Monday

LEGS

## Circuit One

2x7min

### Weighted Step Ups

30 REPS  
15 PER SIDE



3-6 KG

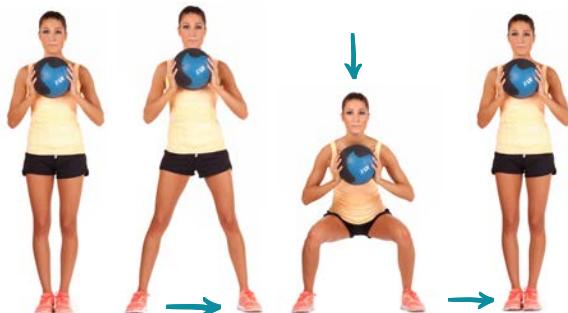
### Double Bench Jumps

15 REPS



### Medicine Ball Crab Walk

20 REPS



6-12 KG

### Split Squats

20 REPS

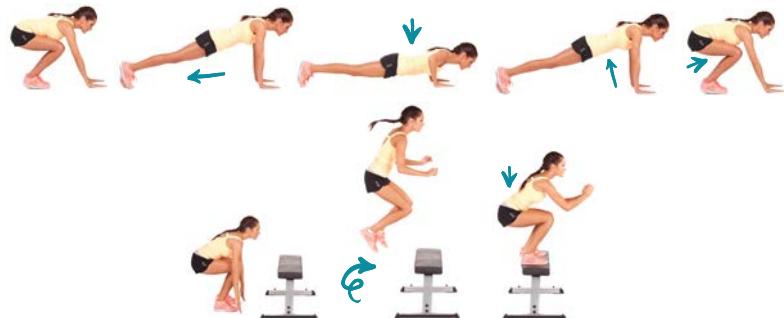


## Circuit Two

2x7min

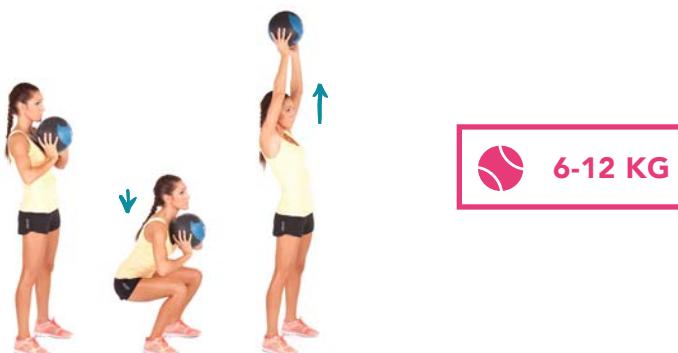
### Burpee + Push Up + Bench Jump

15 REPS



### Medicine Ball Squat Press

15 REPS



6-12 KG

### 180 Degree Jump Squats

24 REPS



### X Jumps

30 REPS  
15 PER SIDE



**Cool Down** - Lower Body Stretch Routine (see page 84)

Week 10 Tuesday - LISS (35-45 mins)

# Week 10 Wednesday

ARMS

## Circuit One

2x7min

### Dumbbell Squat & Press

15 REPS



3-6 KG

### Commandos

36 REPS  
18 PER SIDE



## Circuit Two

2x7min

### Spider Push Ups

24 REPS  
12 PER SIDE



### Tricep Dips (Feet Raised)

30 REPS



### Lay Down Push Up + Tuck Jump

20 REPS



### Bosu Burpees

15 REPS



### Decline Push Ups

20 REPS

### In & Out Push Ups

20 REPS



**Cool Down** - Upper Body Stretch Routine (see page 85)

Week 10 Thursday - LISS (35-45 mins)

# Week 10 Friday

ABS

## Circuit One

2x7min

### Snap Jumps

30 REPS



### Spider Push Ups

16 REPS  
8 PER SIDE



### Scissor Kicks

40 REPS  
20 PER SIDE



### Bench Hops

30 REPS  
15 PER SIDE

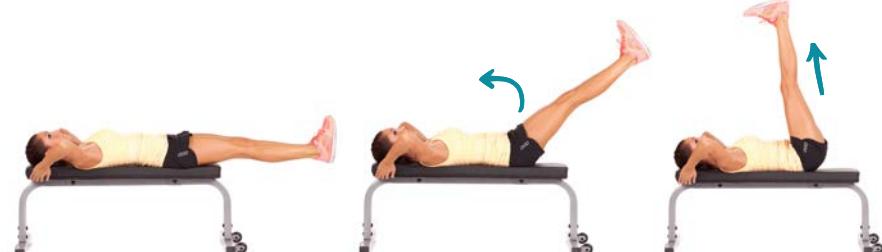


## Circuit Two

2x7min

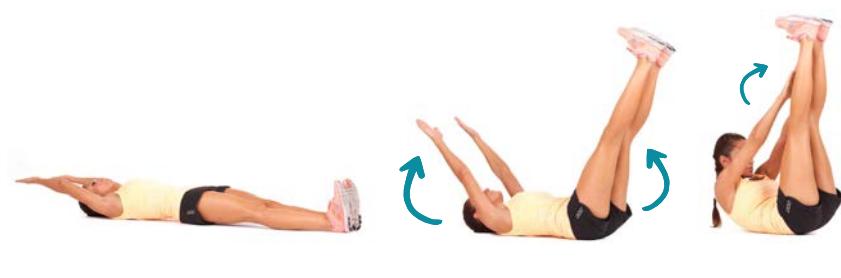
### Straight Leg Raises (On Bench)

20 REPS



### Straight Leg Jackknives

20 REPS



### Weighted Bent Leg Jackknives

20 REPS



3-6 KG

### Burpee + Push Up + Bench Jump

15 REPS



**Cool Down** - Lower and Upper Body Stretch Routine (see page 84-85)

**Week 10 Saturday** - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

# Week 11 Monday

LEGS

## Circuit One

2x7min

### Jump Lunges

50 REPS  
25 PER SIDE



### Split Squats

20 REPS



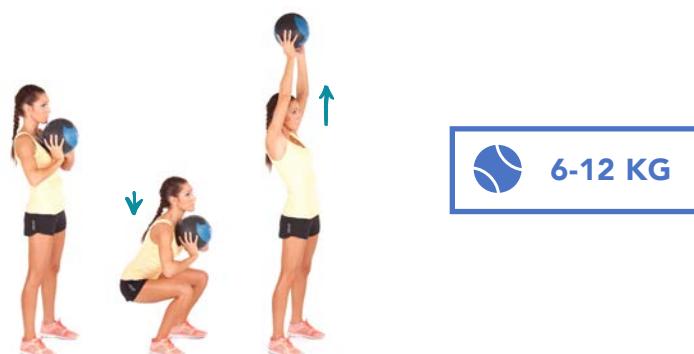
### 180 Degree Jump Squats

20 REPS



### Medicine Ball Squat Press

15 REPS



## Circuit Two

2x7min

### X Hops

20 REPS



### Knee Ups

30 REPS  
15 PER SIDE



### Double Bench Jumps

15 REPS



### Snap Jump + Knee Up

24 REPS  
12 PER SIDE



**Cool Down** - Lower Body Stretch Routine (see page 84)

Week 11 Tuesday - LISS (35-45 mins)

# Week 11 Wednesday

ARMS

## Circuit One

2x7min

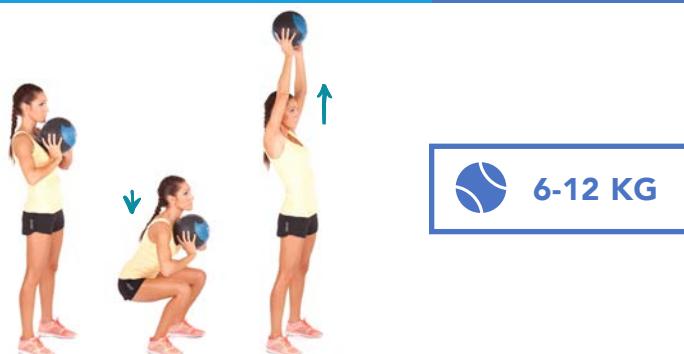
### Drop Push Ups

20 REPS



### Medicine Ball Squat & Press

15 REPS



### Tricep Dips (Feet Raised)

20 REPS



### Mountain Climbers (10) + Push Ups (2)

8 REPS

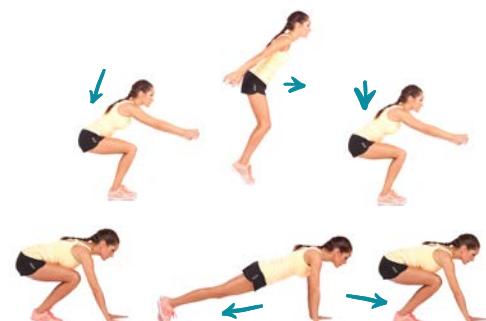


## Circuit Two

2x7min

### Broad Jump Burpees

15 REPS



### Dumbbell Squat & Press

15 REPS



### Decline Push Ups

15 REPS



### Bosu Burpees

15 REPS



**Cool Down** - Upper Body Stretch Routine (see page 85)

Week 11 Thursday - LISS (35-45 mins)

# Week 11 Friday

ABS

## Circuit One

2x7min

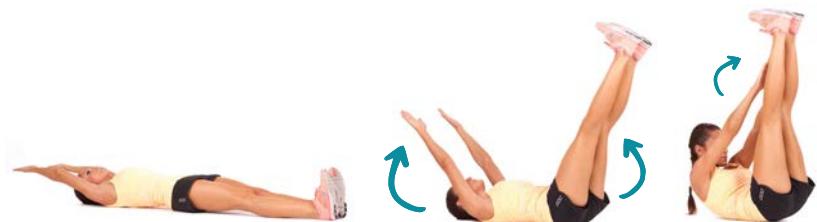
### Straight Leg Raises + Hip Lift

20 REPS



### Straight Leg Jackknives

20 REPS



### Mountain Climbers

50 REPS  
25 PER SIDE



## Circuit Two

2x7min

### Bench Hops

30 REPS



### Weighted Bent Leg Jackknives

20 REPS



### Ab Bikes

50 REPS  
25 PER SIDE



### Raised Leg Sit Ups + Twist

30 REPS  
15 PER SIDE



**Cool Down** - Lower and Upper Body Stretch Routine (see page 84-85)

**Week 11 Saturday** - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

# Week 12 Monday

LEGS

## Circuit One

2x7min

### Weighted Step Ups

30 REPS  
15 PER SIDE



3-6 KG

### Double Bench Jumps

15 REPS



### Medicine Ball Crab Walk

20 REPS



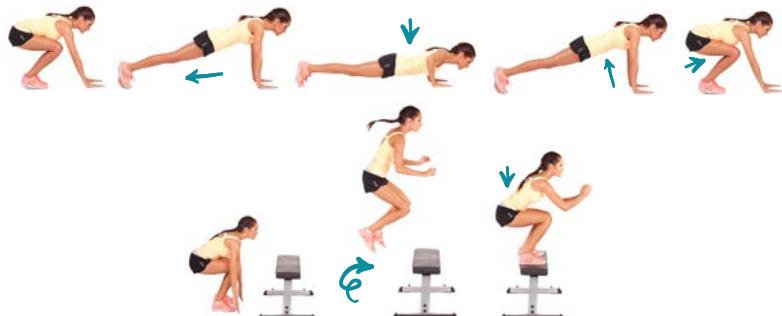
6-12 KG

## Circuit Two

2x7min

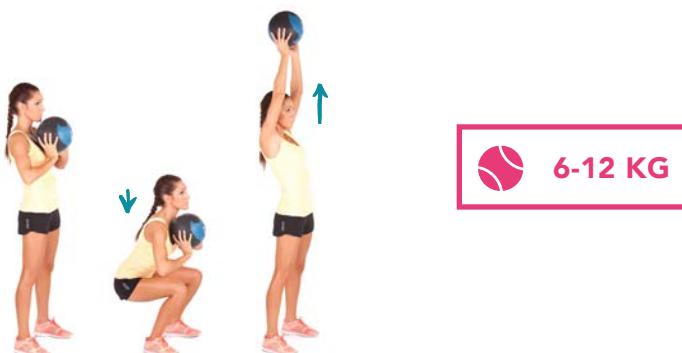
### Burpee + Push Up + Bench Jump

15 REPS



### Medicine Ball Squat Press

15 REPS



6-12 KG

### Medicine Ball Crab Walk

20 REPS

### 180 Degree Jump Squats

24 REPS



### Split Squats

20 REPS

### X Jumps

30 REPS  
15 PER SIDE



**Cool Down** - Lower Body Stretch Routine (see page 84)

Week 12 Tuesday - LISS (35-45 mins)

# Week 12 Wednesday

ARMS

## Circuit One

2x7min

### Dumbbell Squat & Press

15 REPS



3-6 KG

### Commandos

36 REPS  
18 PER SIDE



## Circuit Two

2x7min

### Spider Push Ups

24 REPS  
12 PER SIDE



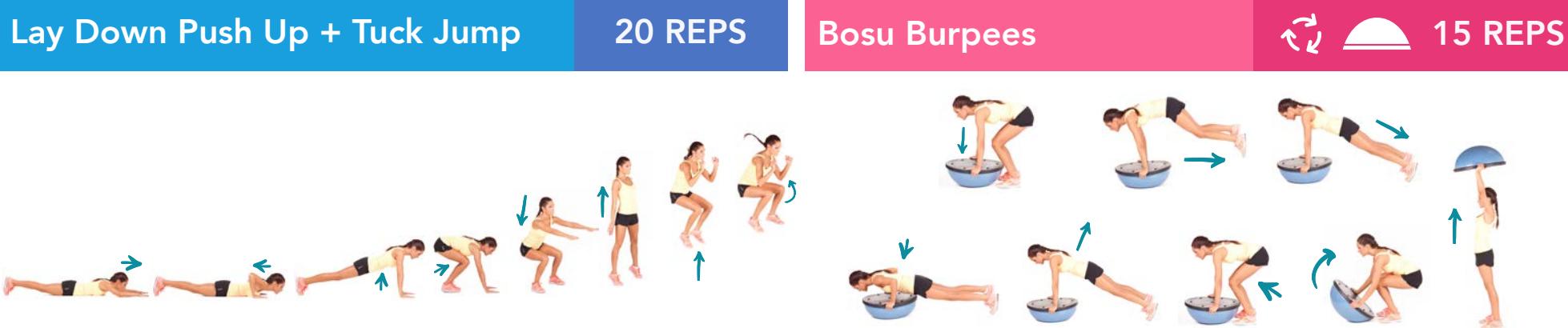
### Tricep Dips (Feet Raised)

30 REPS



### Lay Down Push Up + Tuck Jump

20 REPS



### Bosu Burpees

15 REPS



### Decline Push Ups

20 REPS

### In & Out Push Ups

20 REPS



**Cool Down** - Upper Body Stretch Routine (see page 85)

Week 12 Thursday - LISS (35-45 mins)

# Week 12 Friday

ABS

## Circuit One

2x7min

### Snap Jumps

30 REPS



### Spider Push Ups

16 REPS  
8 PER SIDE



### Scissor Kicks

40 REPS  
20 PER SIDE



### Bench Hops

30 REPS  
15 PER SIDE



## Circuit Two

2x7min

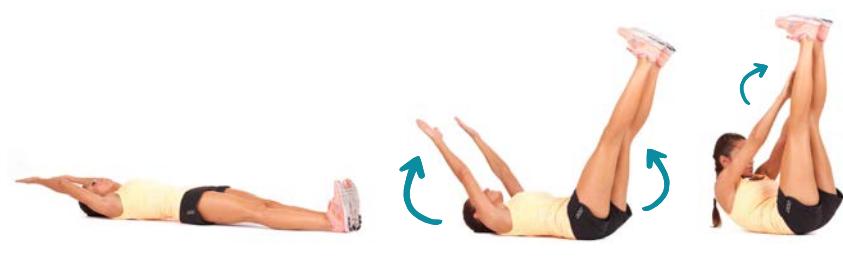
### Straight Leg Raises (On Bench)

20 REPS



### Straight Leg Jackknives

20 REPS



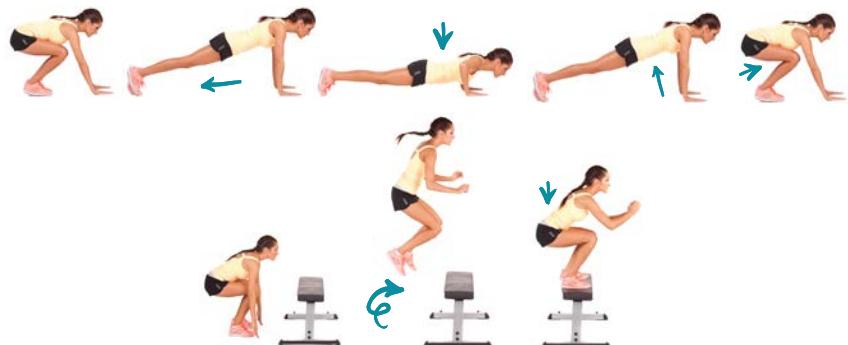
### Weighted Bent Leg Jackknives

20 REPS



### Burpee + Push Up + Bench Jump

15 REPS



**Cool Down** - Lower and Upper Body Stretch Routine (see page 84-85)

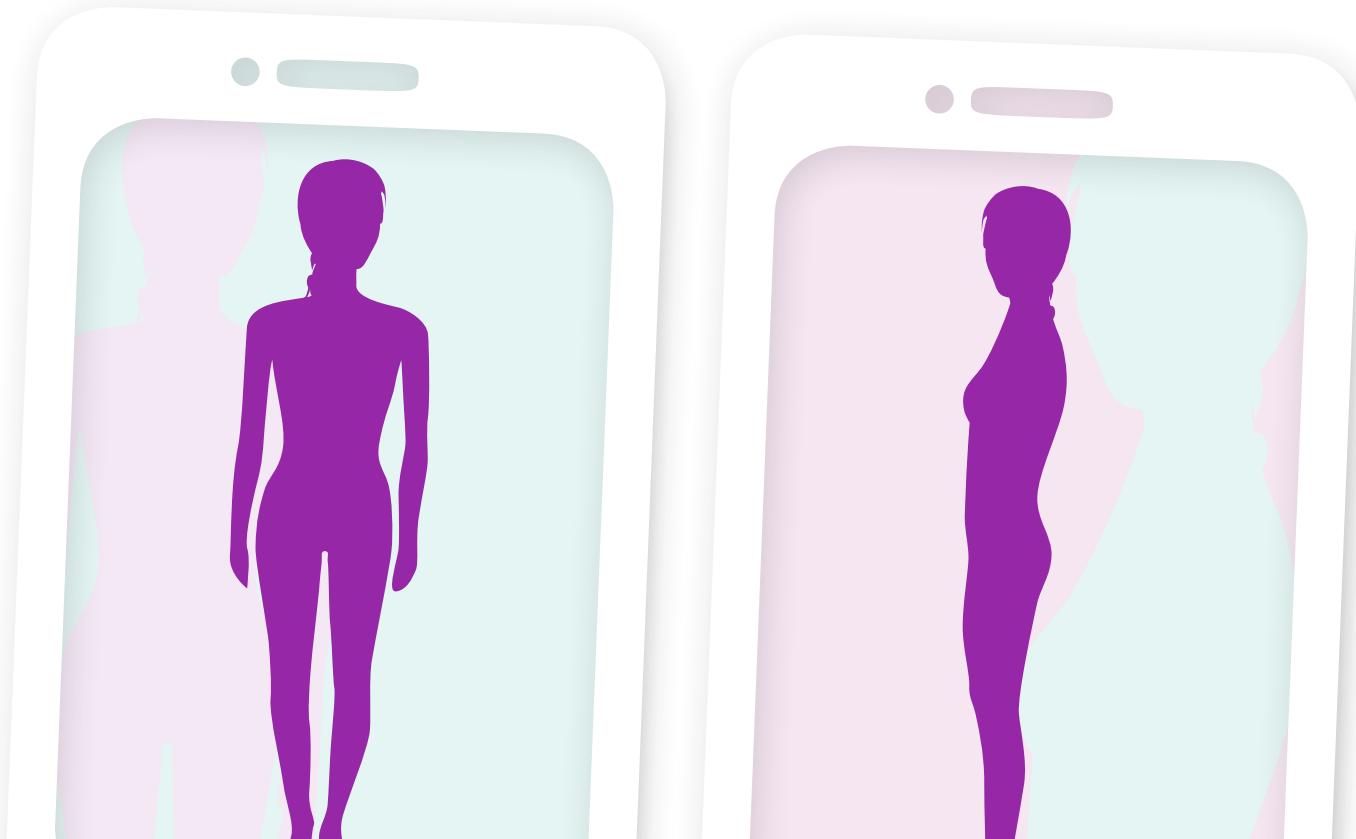
**Week 12 Saturday** - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

## 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 [transformations@kaylaitsines.com](mailto:transformations@kaylaitsines.com)





A woman with dark hair tied back is performing a side lunge stretch. She is wearing a grey tank top, grey shorts, and white sneakers with yellow accents. Her left leg is extended to the side, and she is holding her left foot with her right hand. Her left arm is extended downwards, and her gaze is directed towards the ground. The background is a plain, light color.

## COOL DOWN & REHABILITATION

# COOL DOWN REHABILITATION

## 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 176 to 188 of the exercise glossary.

## REHABILITATION

For your rehabilitation stretch session, perform both the upper and lower body stretch routines, holding each position for 30-60 seconds each. Always remember to stretch both sides of your body, and do so for an even amount of time. Take slow, deep breaths and attempt to increase the stretch slightly each time you breathe out. You may also include some self-myofascial release, or foam rolling, into your rehabilitation sessions. This should be done *prior* to your stretching routines. Foam rollers will be available for purchase from my online store in December 2014 - [www.kaylaitsines.com](http://www.kaylaitsines.com)



# Stretch Routine

## Lower Body

bikini  
BODY  
guide 2.0



Adductors One



Adductors Two



Calves and Hamstrings One

Calves and Hamstrings Two



Hip Flexors



Quads



Calves and Hamstrings Three



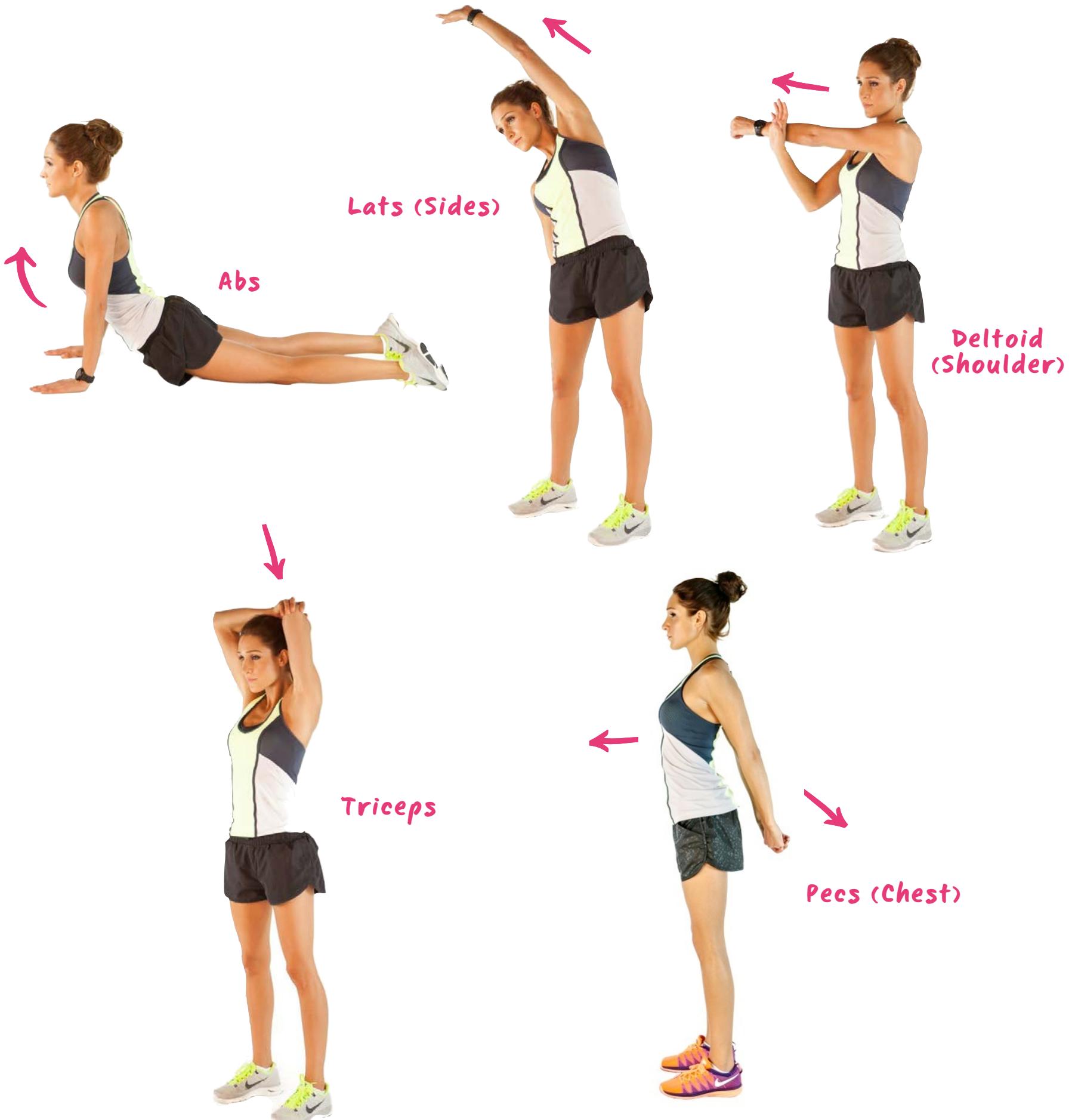
Glutes ('Bum')

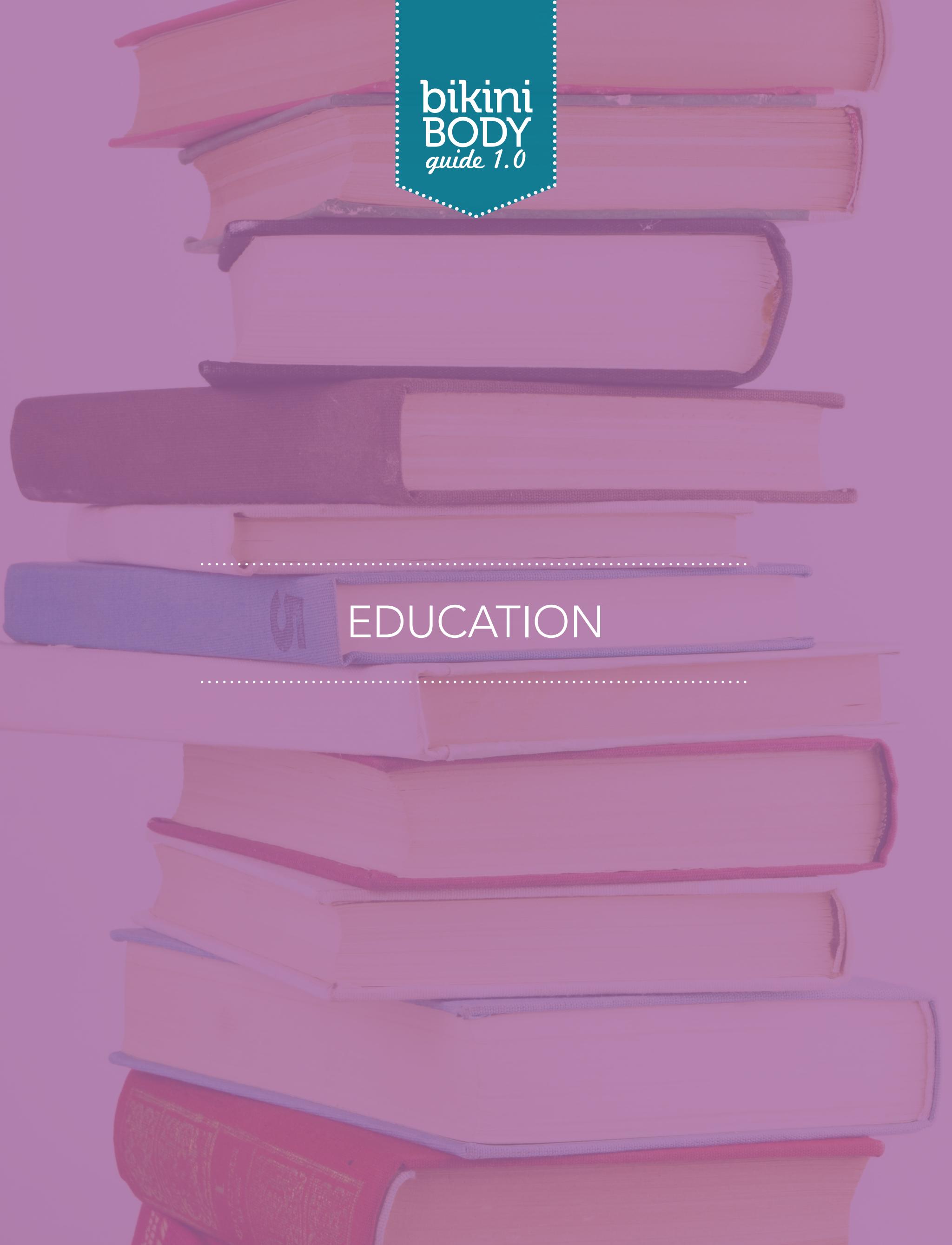


# Stretch Routine

## Upper Body

bikini  
BODY  
guide 2.0





bikini  
BODY  
*guide 1.0*

EDUCATION

# Education

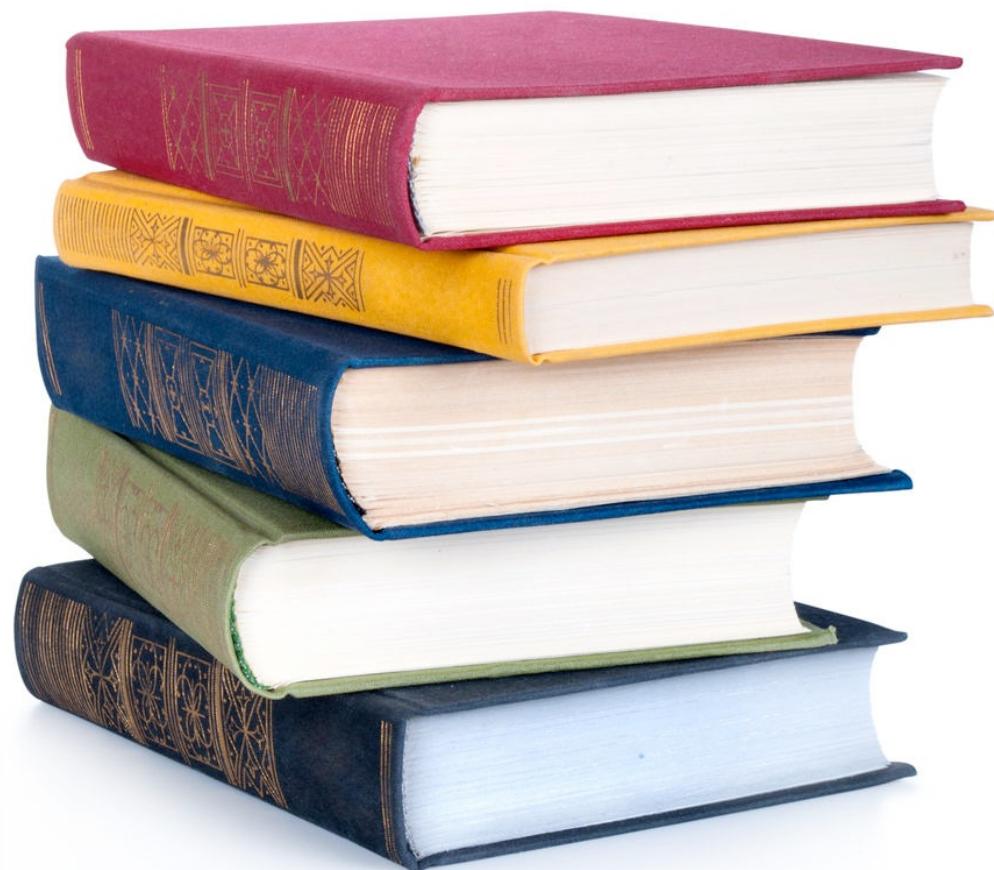
## "EDUCATION IS PARAMOUNT."

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

Some of the information in the following section and more can be found at:

- <http://www.mayoclinic.com>
- <http://www.livestrong.com>
- Wilmore, JH, Costill, DL & Kennedy, WL, 2008, Physiology of Sport and Exercise (4th ed'n), Human Kinetics, Champaign, IL.

- Increases in stamina (fitness)
- Stronger auto-immune system (better resistance to illness)
- Decreases blood pressure
- Controls blood sugar levels
- Decreases potential for osteoporosis
- Strengthens your heart
- Boosts your mood
- And much, much more!

## 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.

As you can see 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

## What are the benefits of cardio?

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

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 exercise cardio are LISS and 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 jogging, 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. We repeat these 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 make 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 I 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?” (ie 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 (i.e. 10 minutes). This is of course because sprinting is higher intensity than jogging and your body is forced to metabolize 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 available oxygen your body has to be used to metabolise energy.

This explains why sprinting burns the least fat per calorie. Because it is of highest intensity and near your anaerobic threshold (not using any or much oxygen), fat is not as easily used for energy, therefore you will be using your

other energy sources such as carbohydrates (glucose or glycogen) for energy.

### 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) 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 promote ongoing positive change in your body. In regards 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 for the majority, 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.



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

## What is 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 consists of sets or rounds of exercises with a specified numbers of repetitions of each.

Resistance training is a broad topic that can include many varying training styles.

Typically, plyometric training is referred to as jump training. This style of training is commonly 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.

## What type do I choose?

Specifically, I choose to use plyometric and body weight exercises incorporated into high intensity circuits. This is because in 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.



# STRETCHING

## What is stretching?

In the context of health and fitness, to stretch 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).

I have included my recommended lower and upper body stretch routines on pages 84 and 85, respectively. For step-by-step instructions on how to do each of these stretches, see the pages 176 to 188 of the exercise glossary.



# Posture & Injury Prevention

## 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?

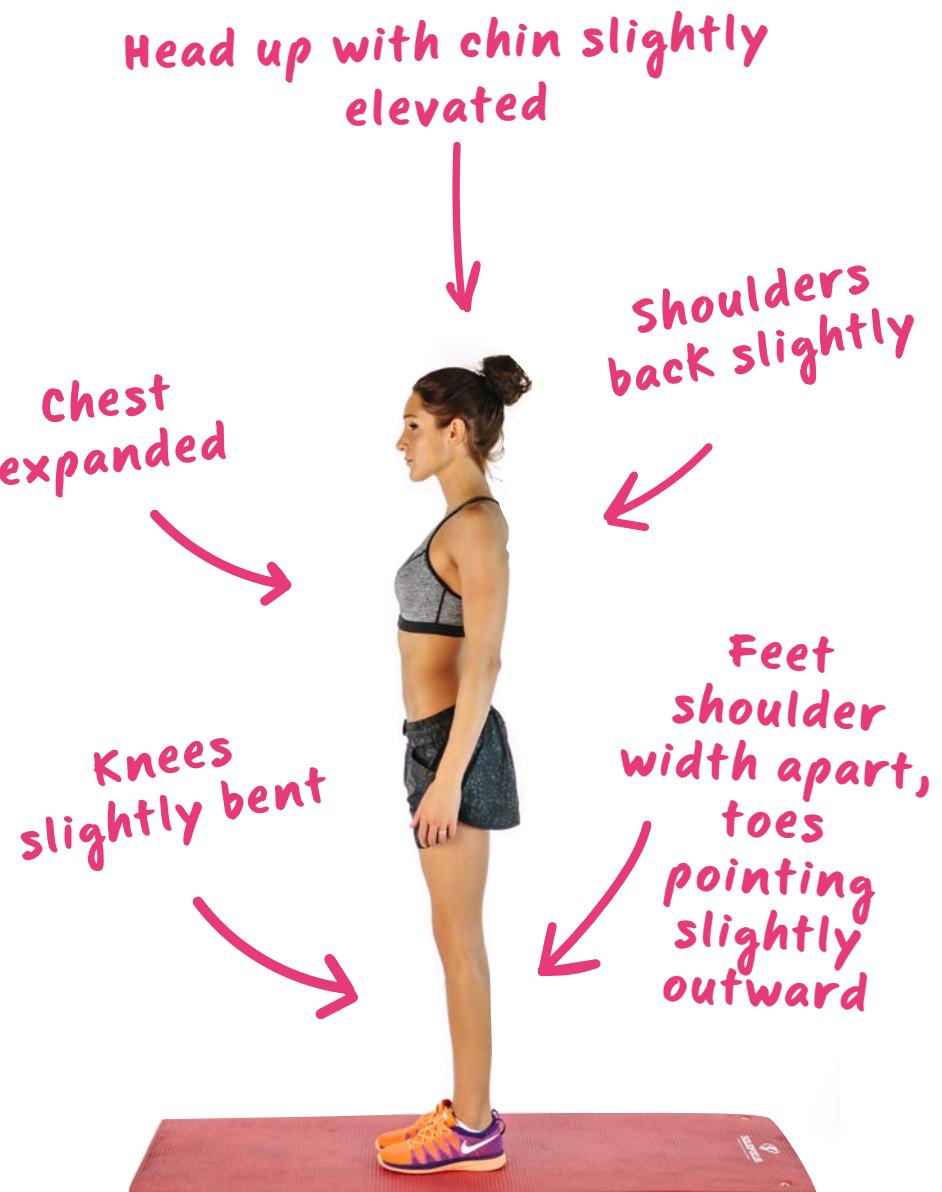
Ensuring that you have good posture is important for a number of reasons. For example, good posture:

- 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 does good posture look like?



## POSTURE & INJURY WARNINGS

### What are some common postural 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.

## POSTURE & INJURY WARNINGS



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 179) 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 page 188) and stretch your upper abdominals (see page 184). It is also important to strengthen your back through 'rowing' or 'reverse fly' type exercises.

## INJURY PREVENTION

### SHIN SPLINTS

#### What causes shin splints?

Shin splints can cause dull, aching pain in the front of the lower leg and this can even be painful to touch. There are many causes for shin splints, most commonly these are forms of repeated loading of the ankle over long periods of time. For example, running on hard surfaces, fast paced walking uphill and so on. I will point out that it is not only the walking or running itself that is causing the problem, but the fact that your ankle is unstable whilst doing these. Causes of instability include medial (turned in) or lateral

## POSTURE & INJURY WARNINGS

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(turned out) rotation, your feet don't absorb and exert the load of your body well, or a combination of these as well as knee and hip alignment issues.

### How do we fix it?

Firstly, we need to address the problem from the ground up. The important muscles surrounding the ankles include the peroneals, gastrocnemius, soleus and tibialis anterior. These muscles work together to help you point your toe (gastrocnemius and soleus), pull your toe upwards (tibialis anterior and peroneals), and stabilise the sideways sway of your leg when your foot lands.

Having the correct shoes is particularly important. I personally prefer wearing Asics as they are well suited to my pronated feet. As everybody is different, I recommended that you talk to someone from your local sports store to help determine which shoe is best for you. Just remember, that comfort and functionality are way more important than fashion.

From a rehabilitation perspective, I also recommend that you do the following:

- Gently foam roll the outer side of your shins
- Foam roll your calves from top to bottom
- Stretch your calves
- Do standing clave raises to help strengthen the surrounding muscle groups (3 sets of 20 reps several times per week).

Initially the pain should decrease, and over a period of 4-6 weeks, the joint should stabilise and the function will improve. Of course, there are lots of other ways to strengthen this joint, but this is a simple way to help decrease the pain and fix the joint movement issues.

As tightness in one part of the body can lead to tightness in another area of the body, it is important to also foam roll and stretch your hamstrings (back of your legs), glutes ('bum'), and quads (front of

## POSTURE & INJURY WARNINGS

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your legs) to prevent any misalignment of the hip.

### KNEE PAIN

Another common injury/complaint that arises as a result of training is knee pain.

#### What causes knee pain?

It is important to note that knee pain can be caused by issues with either hard tissue (i.e. bone) or soft tissue (i.e. muscle or ligaments). For this reason, it is important that you liaise with a physiotherapist or similar health professional to help determine the cause of your knee pain.

It is quite common for individuals *without* hard tissue damage to experience knee pain at some point during their training.

To understand the causes of knee pain, it is necessary that we look at the muscles that surround this joint. These include the quadriceps, hamstrings, and tensor fascia latae. These muscles enable flexion (hamstrings) and extension (quadriceps) of your leg at the knee joint,

and provide structural stability to both the bones and muscles of the leg during movement (tensor fascia latae).

Over time, improper loading of the knee joint during plyometric and both HIIT and LISS training can cause instability across this joint. This instability can cause one (or more) muscles surrounding the joint to take on the load of others, causing misalignment and sometimes pain.

From a rehabilitation perspective, I recommend that you do the following:

- Foam roll your hamstrings, inner and outer quads
- Foam roll your ITB (outside of your upper leg)
- Stretch your quadriceps and hamstrings

**You can now purchase foam rollers and massage sticks from my online store! Visit [www.kaylaitsines.com](http://www.kaylaitsines.com) to find out more.**

# Pre-Training Post-Pregnancy

## PRE-TRAINING

As mentioned on page 16, Weeks 1-12 have been written for individuals who already have a basic level of cardio fitness. Due to the high intensity of this style of training, I do not recommend them for absolute beginners.

If you are a complete beginner, have not trained in a long time, or only train intermittently, it is likely that your muscles are, or have become, deconditioned. As I mentioned on page 94, the term “deconditioned” can mean 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.

We all know that when building a house, it is important to ensure that there the foundations are firmly in place before you build the frames. The same concept applies to your training!

This is why I have provided four weeks worth of additional training, called ‘Pre-

Training’ at the beginning of *Workouts* section of this guide.

Like the foundations of a house, the purpose of these workouts is to prepare you and your body for the training circuits provided in Weeks 1-12.

## POST-PREGNANCY

As mentioned previously, this Bikini Body Training Guide has been written to help women aged 16 years and older to achieve what I like to call a “bikini body” (see page 8 for my Mission Statement). However, it is important to note that these guidelines may not appropriate for women who are currently, or have recently been, pregnant.

*If you are pregnant, then I can only recommend that you partake in low-intensity exercise under the supervision of your doctor.*

I do understand that there are lots of women who are eager to get their “pre-baby body” back shortly after giving

## PRE-TRAINING & POST-PREGNANCY

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birth. If this is you, then it is important to understand some of the physiological and hormonal changes that your body experiences as a result of pregnancy as well as how these may influence your training.

### Relaxin

One factor that recently pregnant women need to be aware of when returning to training are the effects that relaxin has on the body. Relaxin is a hormone that is released during the first trimester (Weeks 0-13) of pregnancy and remains within the body until approximately 8 weeks after you have given birth. Its role is to soften the structures of the musculoskeletal system, which includes muscles, ligaments and tendons, in order to prepare the body for delivery. This “softening” of muscles, ligaments and tendons, means that women are at increased risk of injury, particularly in the first two months after giving birth.

### Pelvic Floor

The ‘pelvic floor’ is the collective term used to describe the muscles and

ligaments that support the bladder, uterus (womb) and bowel. These muscles are often weakened during pregnancy due to the effects of relaxin (discussed above) as well as the increased weight of the baby pushing on the pelvic area. Weakness in these muscles can cause the slight leakage of urine, particularly when you laugh, cough, or run. This is called *urinary stress incontinence*. For this reason, it is recommended that women regularly perform pelvic floor exercises in order to help improve the strength of these muscles. These should be repeated several times throughout the day, everyday.

*If you suspect that you are experiencing pelvic floor muscle weakness, it is important that you seek the advice of your doctor, midwife or physiotherapist as these health professionals can help determine which pelvic floor exercises are most appropriate for you.*

In addition to performing regular pelvic floor exercises, it is recommended that

## PRE-TRAINING & POST-PREGNANCY

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high intensity exercises be avoided. These include, but are not limited to:

- sit-ups
- crunches
- straight leg jackknives
- leg raises (both legs)
- plank (on hands and feet)
- push ups (on hands and feet)

### Abdominal Separation

Approximately one out of every three women will experience a separation of the rectus abdominus (the most external muscle that runs down the middle of your abdomen) during pregnancy. This separation, called *diastasis recti*, can arise as a result of abdominal weakness, hormone changes, weight gain, and the stretching of your abdominal region to accommodate the growth of the baby.

The rectus abdominus is held in place by deeper abdominal muscles, specifically the *transverse abdominus*. For this reason, it is recommended that women to perform exercises that strengthen the

transverse abdominus, such as planks and single leg raises, and avoid high-intensity ab exercises, mentioned previously.

### Posture

Abdominal growth during pregnancy causes a shift in the centre of gravity in the mother's body, and may cause the excessive arching of the lower spine. This excessive arching, called lordosis (see page 97), places excessive strain on the spine and may result in lower back pain. Similarly, abdominal growth may cause the mother's ribs to expand, particularly in the second and third trimesters, causing pain in the upper back.

Thus, it is important for women who have recently been pregnant to focus on rectifying these postural changes. Some information about how to do this, can be found through pages 96 to 98. Please liaise with a relevant health professional, such as a physiotherapist, if you require further assistance.

## PRE-TRAINING & POST-PREGNANCY

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*While I have provided you with some basic information about the effects of pregnancy and how these may influence your training post-baby, it is important that you do not commence training of any kind until you have received clearance from your doctor.*

*Once you have received clearance, I recommend completing Pre-Training Weeks 1 to 4 first before beginning Weeks 1-12. I will highlight that my training program does include some high intensity abdominal exercises, so it is important that you liaise with relevant health professionals to determine whether these are appropriate for you and to seek suitable alternatives if needed.*



bikini  
**BODY**  
guide 1.0

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## EXERCISE GLOSSARY

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# 180 DEGREE JUMP SQUATS

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 and rotate your entire body 180 degrees, 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.
5. Once safely landed, repeat Step 4 in the opposite direction.



# AB BIKES

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 **LEFT** knee into the chest, twist your upper body over to the right so that it can meet your **RIGHT** elbow.
7. Repeat Steps 4-6.



# BENCH HOPS

1. Start by placing a bench vertically and front of you.
2. Once stable, walk around to the right side of the bench and firmly grip either side, ensuring your fingers are facing outwards as shown.
3. Transfer your weight forwards onto your hands and propel your feet up and over the bench, landing on the left side. Ensure that you tuck your knees into your chest as you jump to prevent hitting your knees.
4. Once again, transfer your weight forwards onto your hands and jump your feet up and over the bench, landing on the right side.
5. Repeat Steps 3-4.



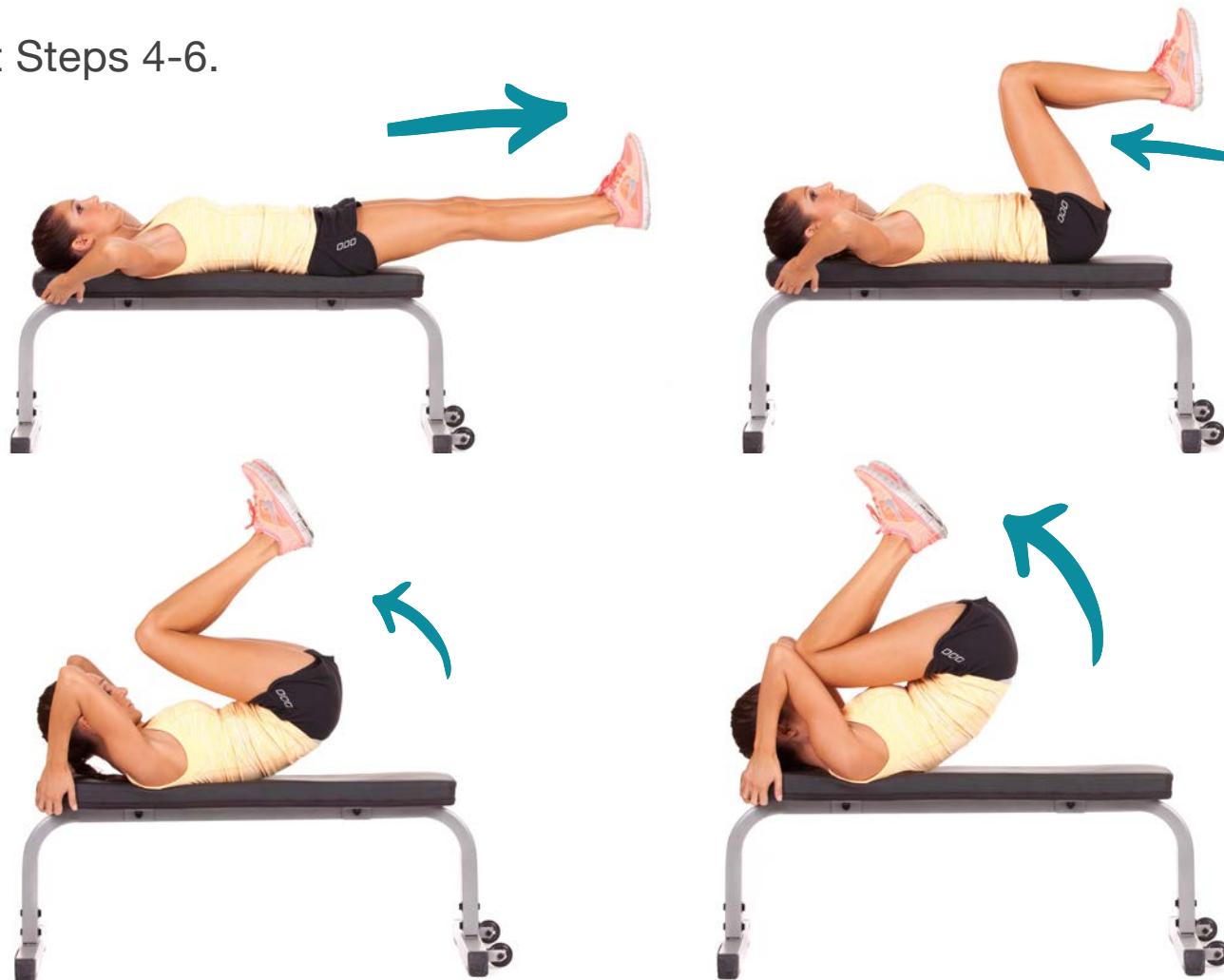
# BENT LEG SIT UPS

1. Start by lying flat on your back on a yoga mat.
2. Bend your knees and position your feet so that they create a 90-degree angle with your hips. 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. Keeping your heels firmly planted on the floor, slowly lift your head, shoulder blades, and torso off of the floor until your torso is almost touching your knees.
5. Slowly release your torso and return to starting position.
6. Repeat Steps 4-5.



# BENT LEG RAISES + HIP LIFT

1. Start by placing a flat bench vertically behind you and position yourself directly in front of it.
2. Gently sit back onto the bench and place your arms over your head and firmly grasp the end before extending your legs, as shown.
3. Engage your abdominal muscles by drawing in your belly button to your spine. This is your starting position.
4. Keeping your feet together, contract your abdominal muscles and bend your knees so as to bring them in to your chest.
5. As you bring your knees into your chest, allow your lower back to lift off of the bench, as shown, to allow full contraction of your abdominals.
6. Squeeze in tightly and slowly release your legs outwards to return to starting position.
7. Repeat Steps 4-6.



# BOSU BURPEES

1. Holding a bosu 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. Lean your body forward slightly so that you are able to place the bosu on the floor with the curved side facing downwards.
5. Once stable, 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/bosu and jump your feet in towards your hands.
9. At the same time, push through your heels and extend your arms to press the bosu above your head as you return to standing position.
10. Gently lower the bosu in front of your chest.
11. Repeat Steps 2-10.

## VARIATION: BURPEES

If you are unable to purchase or access a bosu, then these can be replaced with regular burpees (see page 115-116 for cues).

## BOSU BURPEES

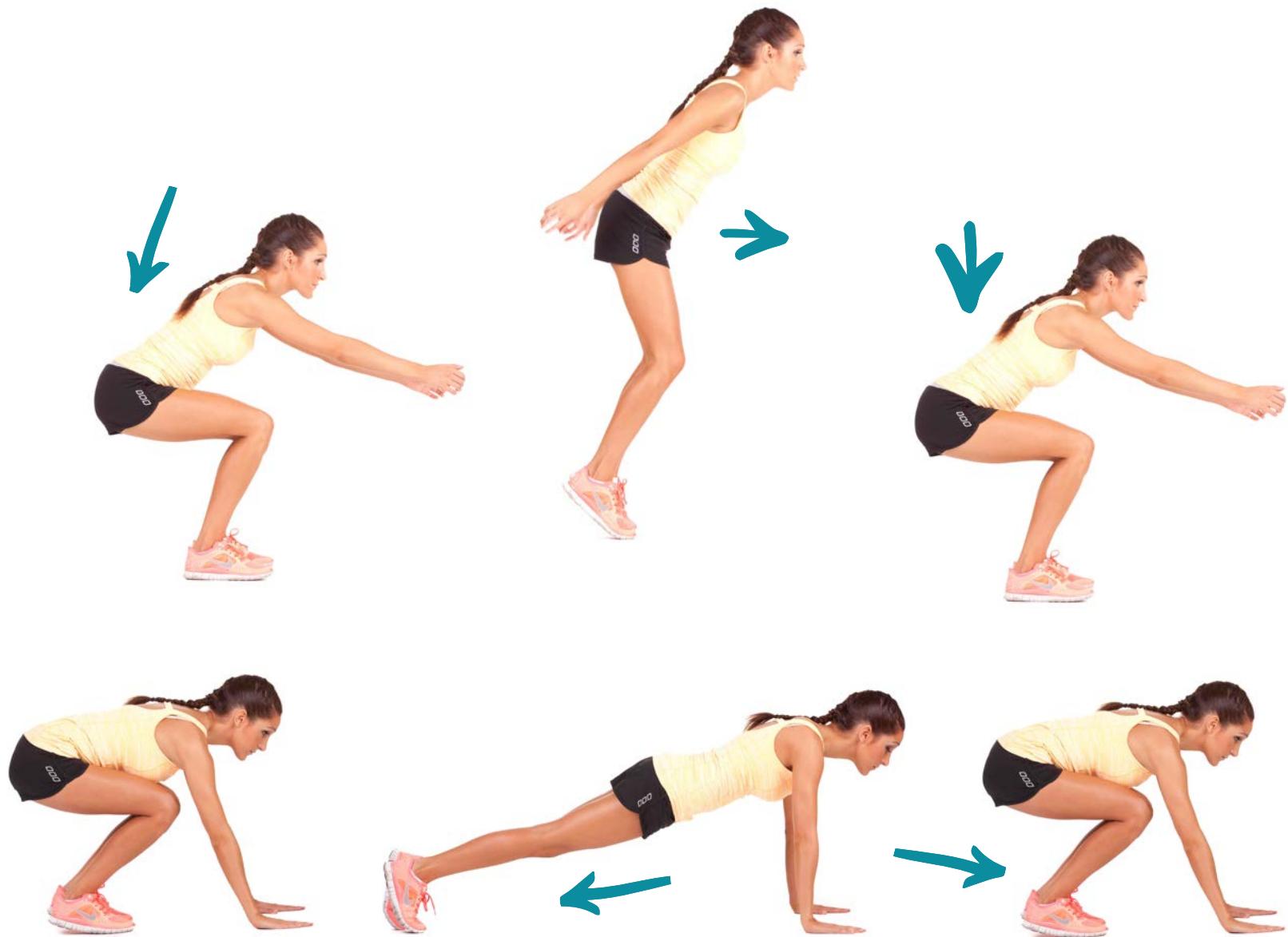


# BROAD JUMP BURPEES

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.
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 BURPEES

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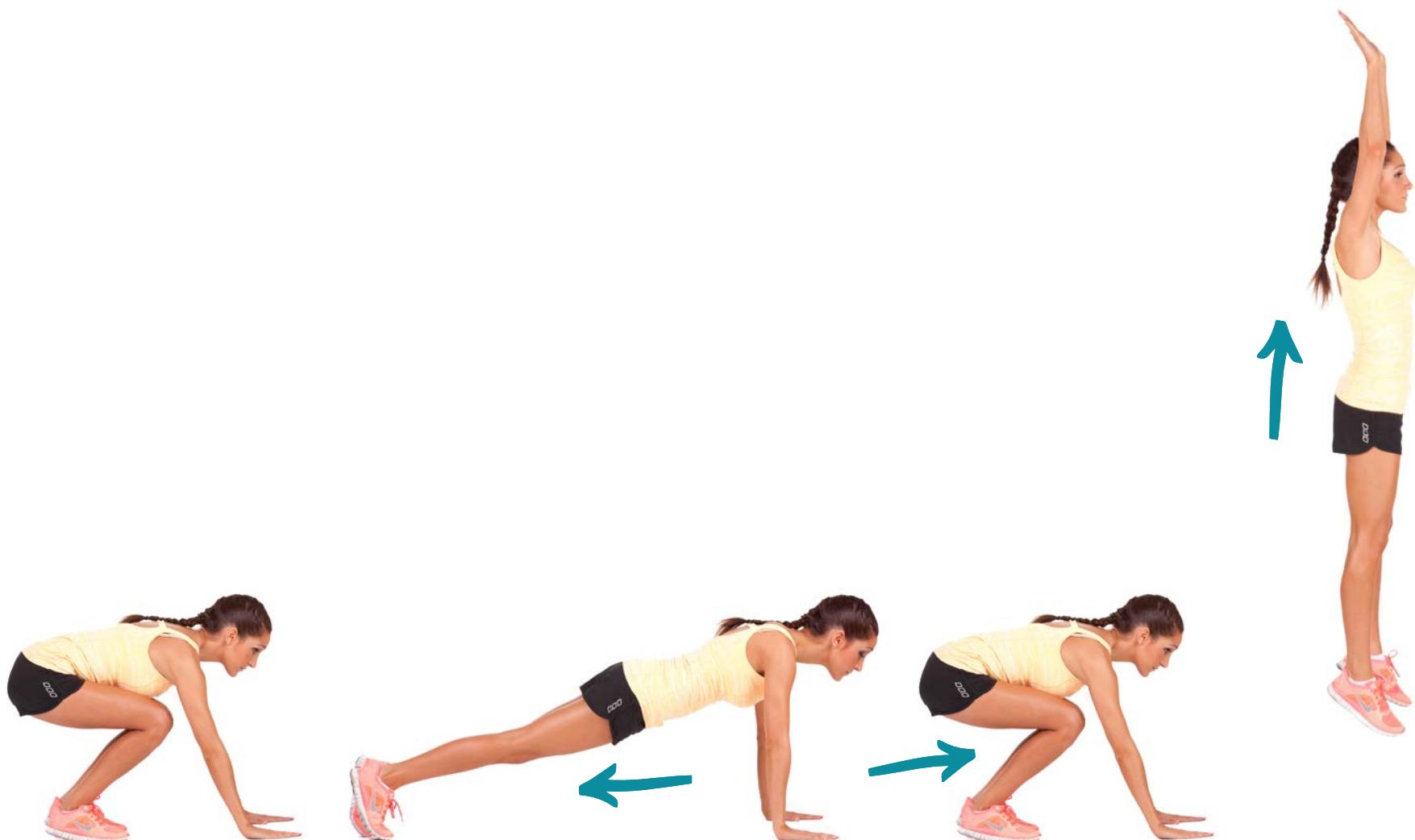


# BURPEES

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.
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.
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.

## BURPEES

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# BURPEE + PUSH UP + BENCH JUMP

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. 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. Immediately 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 flat and heel and maintain ‘soft’ knees to prevent injury.
10. Carefully jump backwards off of the bench and onto the floor, landing in squat position.
11. Repeat Steps 4-10.

## BURPEE + PUSH UP + BENCH JUMP

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# COMMANDOS

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 right forearm and place your right hand firmly on the floor slightly outside of your shoulder and adjust your body weight accordingly.
3. Push up onto your right hand, followed immediately by your left in the same pattern, and readjust your body weight to the middle.
4. Return to plank position by releasing your right hand and lowering onto your forearm, before doing the same with your left hand.
5. Repeat Steps 2-4, starting with your left hand. *Ensure that you brace through your abdominals throughout the entire movement to prevent swaying of the hips.*



# 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.



## VARIATION: PUSH UPS

To reduce the difficulty of this exercise, replace with regular push ups (see page 142 for cues).

# DOUBLE BENCH JUMPS

1. Start by placing two benches (30cm+) vertically on either side of you.
2. Carefully step onto the benches, placing one foot on each bench. Ensure that both benches are stable and are a comfortable distance apart and move if necessary.
3. Once the benches are in position, position yourself between the two benches.
4. Plant both feet on the floor slightly further than shoulder width apart. Point feet slightly outward.
5. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
6. 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.
7. Once in this position, propel your body upwards into the air and reposition your legs so as to land in sumo (wide) squat position with one foot on each bench, as shown.
8. Immediately, propel your body upwards into the air and reposition your legs so as to land on the floor in squat position in between the benches, as per Step 4. 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. *You can choose to step down from the benches rather than jump if you would prefer.*
9. Repeat Steps 5-8.

## DOUBLE BENCH JUMPS

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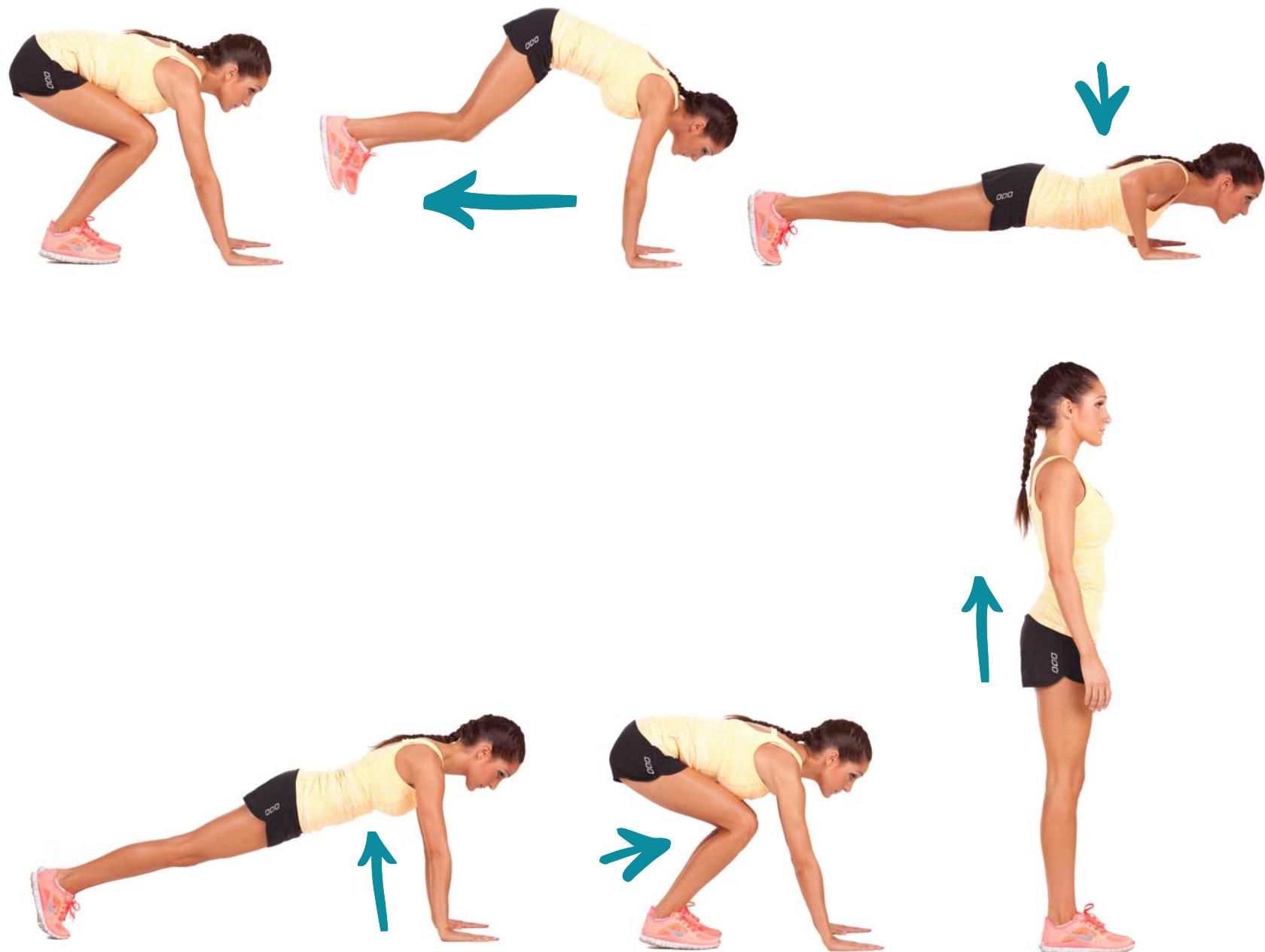


# DROP PUSH UPS

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, so that your legs are completely extended resting on the balls of your feet. This is called push up position.
6. As soon as your feet touch the floor behind you, lower your torso towards to floor until your arms form a 90 degree angle. Ensure that your back remains straight and that you stabilise through your abdominal muscles.
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 and stand up. Do not jump.
9. Repeat Steps 4-8.

## DROP PUSH UPS

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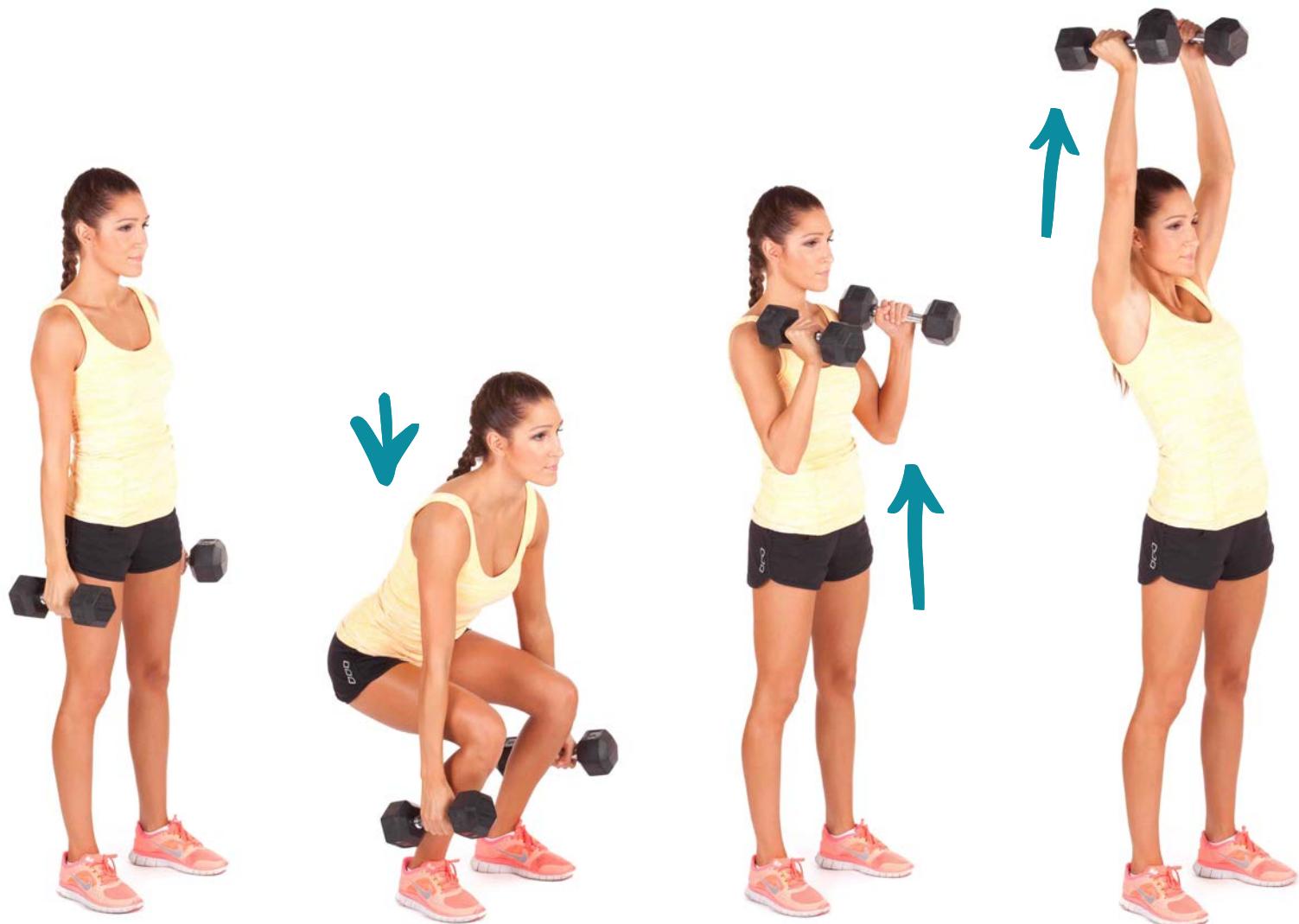


# DUMBBELL SQUAT AND PRESS

1. Holding one dumbbell (3-6kg) 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.

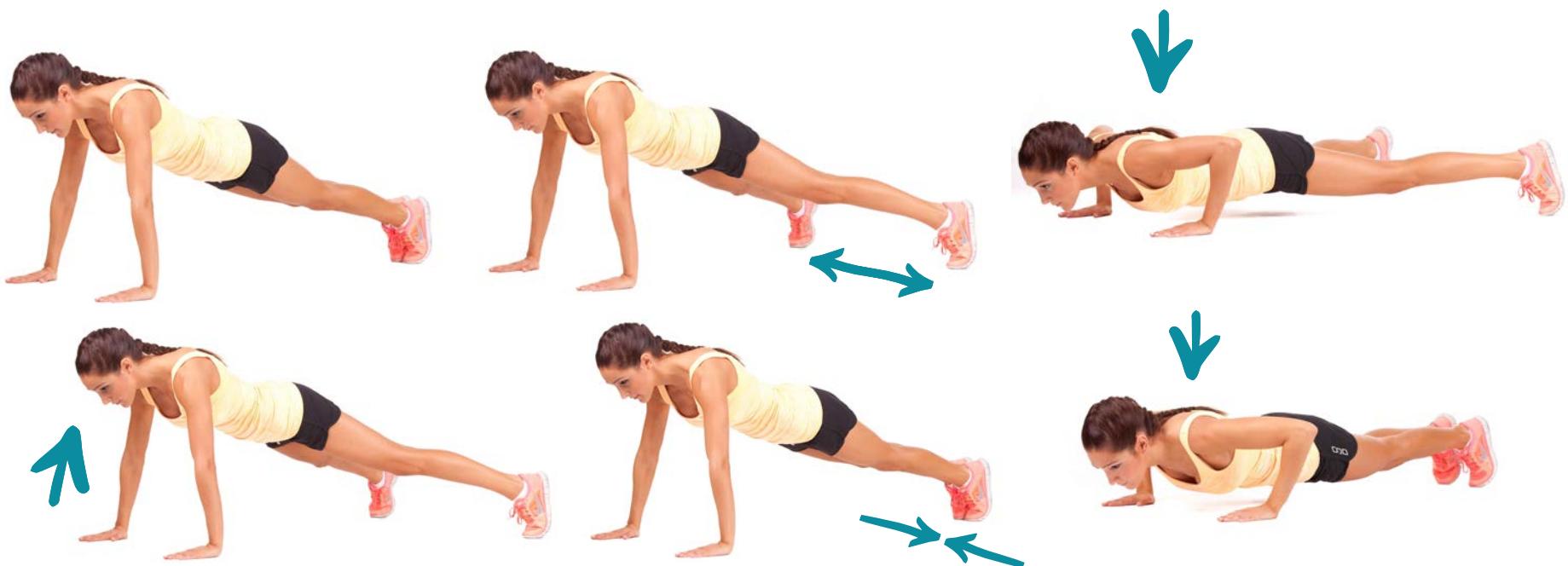
## DUMBBELL SQUAT & PRESS

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# IN OUT 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. 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

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 on your hips and 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. From this position, propel your body upwards in one explosive movement.
5. 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.
6. Propel your body upwards in one explosive movement.
7. 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.
8. Repeat Steps 3-7.



# JUMP SQUATS

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.



# KNEE UPS

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 more forward of 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.

## KNEE UPS

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# LAY DOWN PUSH UPS

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.



## VARIATION: LAY DOWN PUSH UPS (ON KNEES)

To reduce the difficulty of this exercise, you may choose to perform Steps 1-5 on your knees, as shown below.

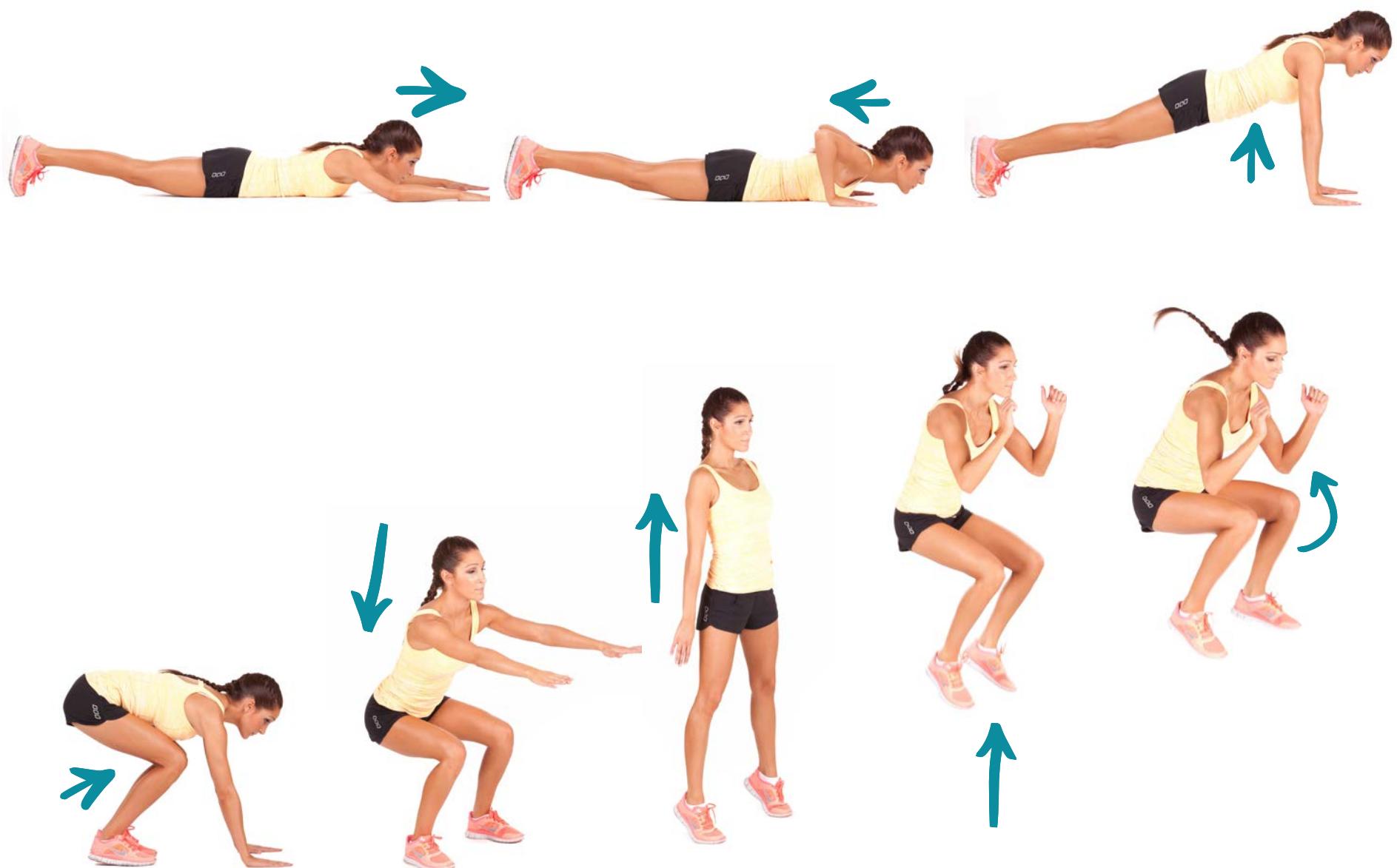


# LAY DOWN PUSH UP + TUCK JUMP

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. Transfer your body weight onto your hands and jump in towards your hands.
5. From this position, propel your body upwards into the air as high as you can, while simultaneously tucking in both your elbows and knees.
6. 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.
7. From this position, lean your body forward slightly so that you are able to place your hands on the floor in front of you.
8. Kick your feet backwards into push up position resting on the balls of your feet.
9. Bend your elbows and lower your torso completely to the floor.
10. Repeat Steps 1-9.

## LAY DOWN PUSH UP + TUCK JUMP

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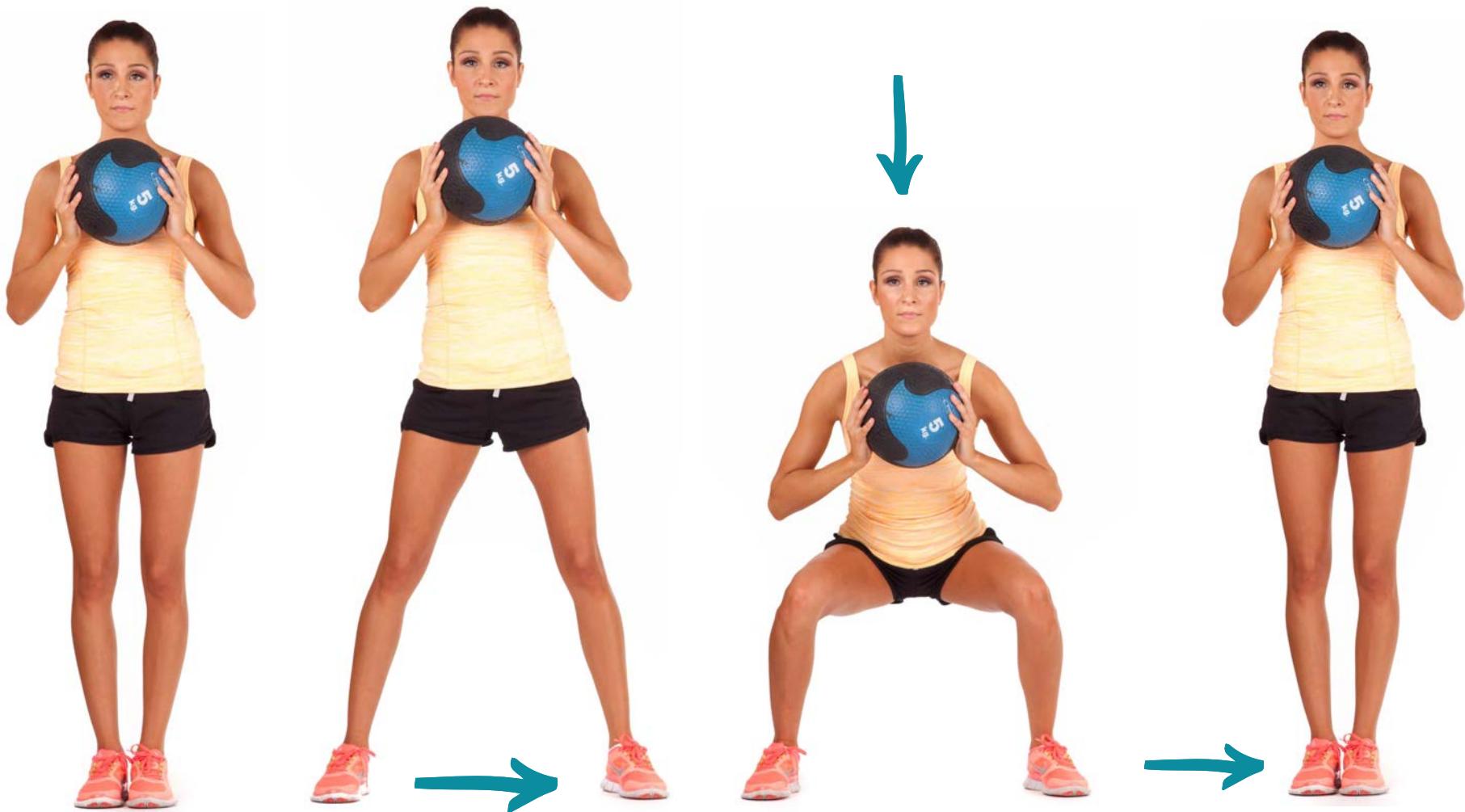


# MEDICINE BALL CRAB WALKS

1. Start by collecting a medicine ball (6-12kg) and holding it directly in front of your chest with your feet together. This is your starting position.
2. Keeping your right foot on the floor, release your left leg and take one large step sideways.
3. Plant both feet on the floor wider than shoulder width. Point feet slightly outward.
4. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
5. 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.
6. From this position, push up through your heels and return to a neutral standing position and bring your feet together, as per Step 1.
7. Repeat Steps 2-6.
8. Repeat Steps 2-7 on your right side.

## MEDICINE BALL CRAB WALKS

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# MEDICINE BALL SQUAT PRESS

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

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.

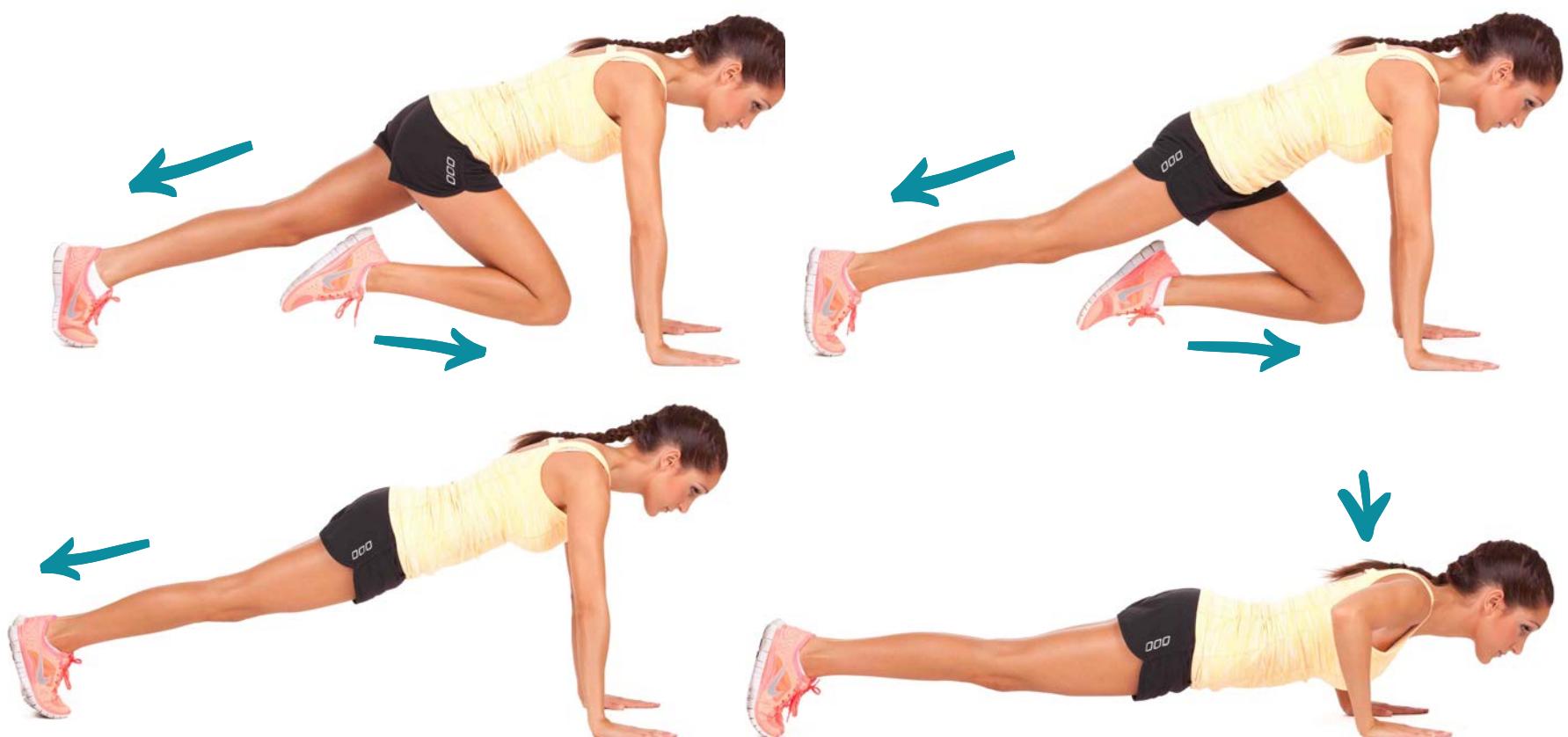


# MOUNTAIN CLIMBERS + PUSH UPS

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 the stated number of 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.

## MOUNTAIN CLIMBER PUSH UPS

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# PLANK

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**



## VARIATION: PLANK (ON KNEES)

To reduce the difficulty of this exercise, perform Steps 1-3 with your knees on the ground ensuring that your body remains in one straight line from head to toe. *This is recommended for women who have recently returned to training after having a baby.*

# 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.



## VARIATION: PUSH UPS (ON KNEES)

To reduce the difficulty of this exercise, perform Steps 1-4 on your knees as shown below.



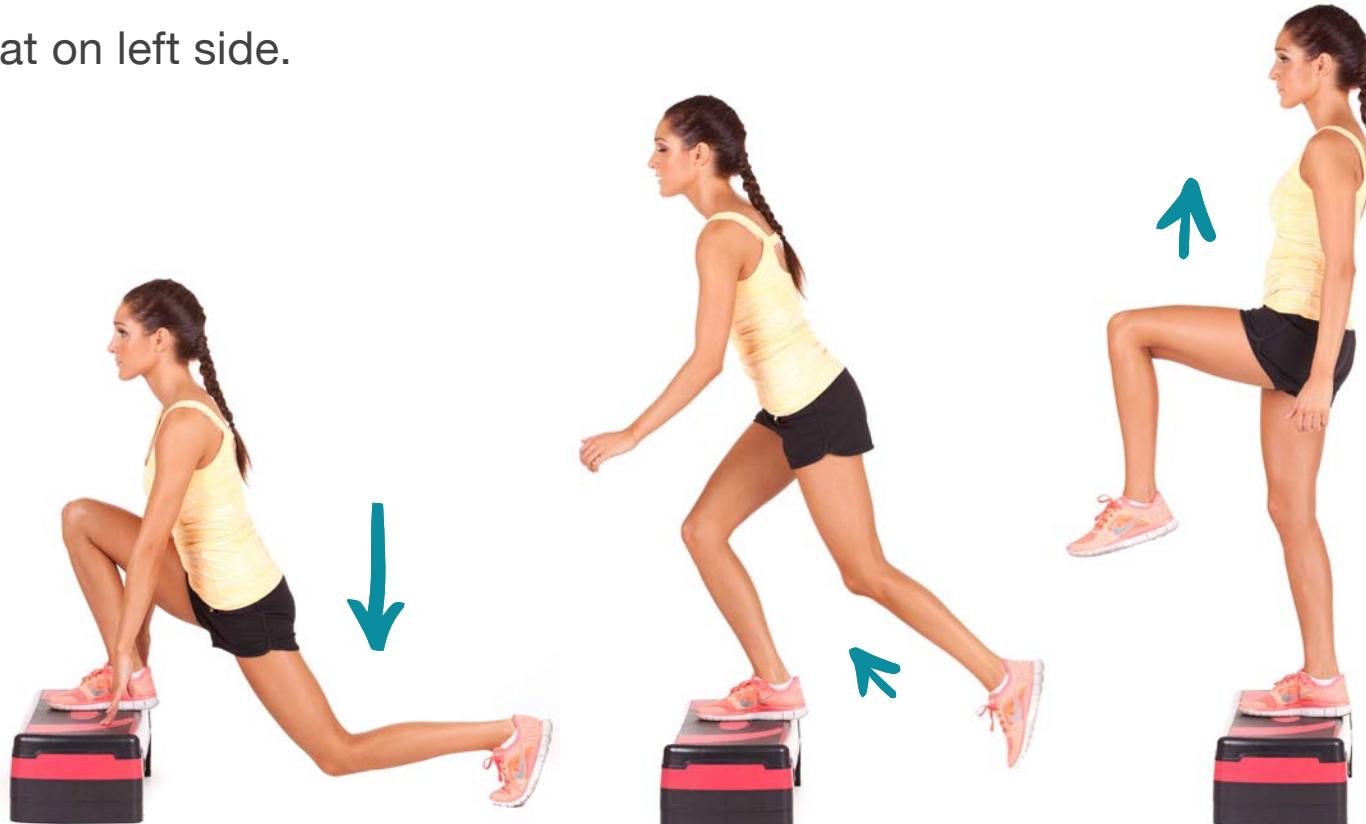
# RAISED LEG SIT UP + TWIST

1. Position yourself on the floor on a yoga mat with your feet extended out in front of you on top of a flat bench.
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 left side reaching past your left foot in order to touch the bench.
6. Slowly untwist your body and release your torso backwards.
7. Bring your left hand back in towards your ear to return to starting position.
8. Repeat on right side.
9. Repeat Steps 4-8.



# REVERSE LUNGE + KNEE LIFT

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 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 + KNEE LIFT

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### VARIATION: REVERSE LUNGE + KNEE LIFT (WITHOUT STEP)

If you do not have access to a step, then this exercise can be completed on the ground, as shown below.



# SCISSOR KICKS

1. Start by placing a flat bench vertically behind you and position yourself directly in front of it.
2. Gently sit back onto the bench and place your arms over your head and firmly grasp the end before extending your legs.
3. Engage your abdominal muscles by drawing in your belly button to your spine and raise your legs with knees bent so that they create a 90 degree angle with your hips.
4. Slowly extend both of your legs and create a ‘scissor-like’ motion by simultaneously raising leg and lowering the other.
5. Repeat Step 4.



# SKIPPING

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.



# SNAP JUMPS

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 so that your legs are completely extended, 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 JUMP + KNEE UPS

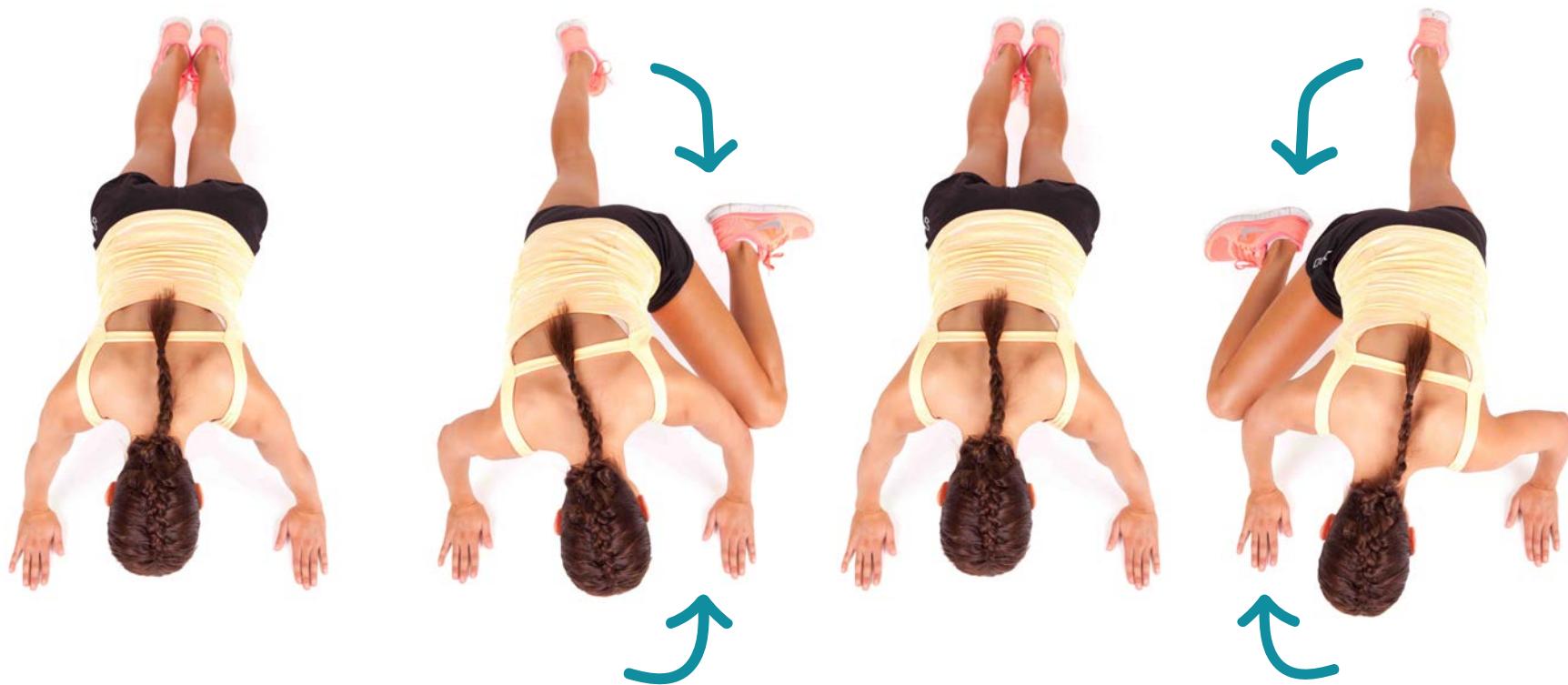
1. Start by placing a bench horizontally in front of you.
2. Once stable, place both hands on the bench approximately shoulder width apart with fingers facing forwards. This is your starting position.
3. Kick your feet backwards with legs extended behind you, resting on the balls of your feet. Ensure that your back remains straight and that you stabilise through your abdominal muscles.
4. Transfer your body weight onto your hands and jump your feet in towards the bench and into starting position.
5. Firmly plant your ENTIRE right foot on the bench making sure your knee is not forward than your toes.
6. 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.
7. As you straighten your right leg, bend your LEFT knee and bring your leg in towards your chest as shown.
8. Release your left leg from your chest and place it back it floor.
9. Repeat Steps 2-8, performing the knee up with your right leg.
10. Repeat Steps 2-9.

## SNAP JUMP + KNEE UPS



# SPIDER 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. As you do this, release your LEFT leg and lift it towards your LEFT shoulder at a 90 degree angle, and also rotate your shoulders slightly to the left in order to look at your knee. Hold this position for two seconds.
4. While releasing your shoulder and your knee, push through your chest and extend your arms to lift your body back into starting position.
5. Repeat Steps 2-4.



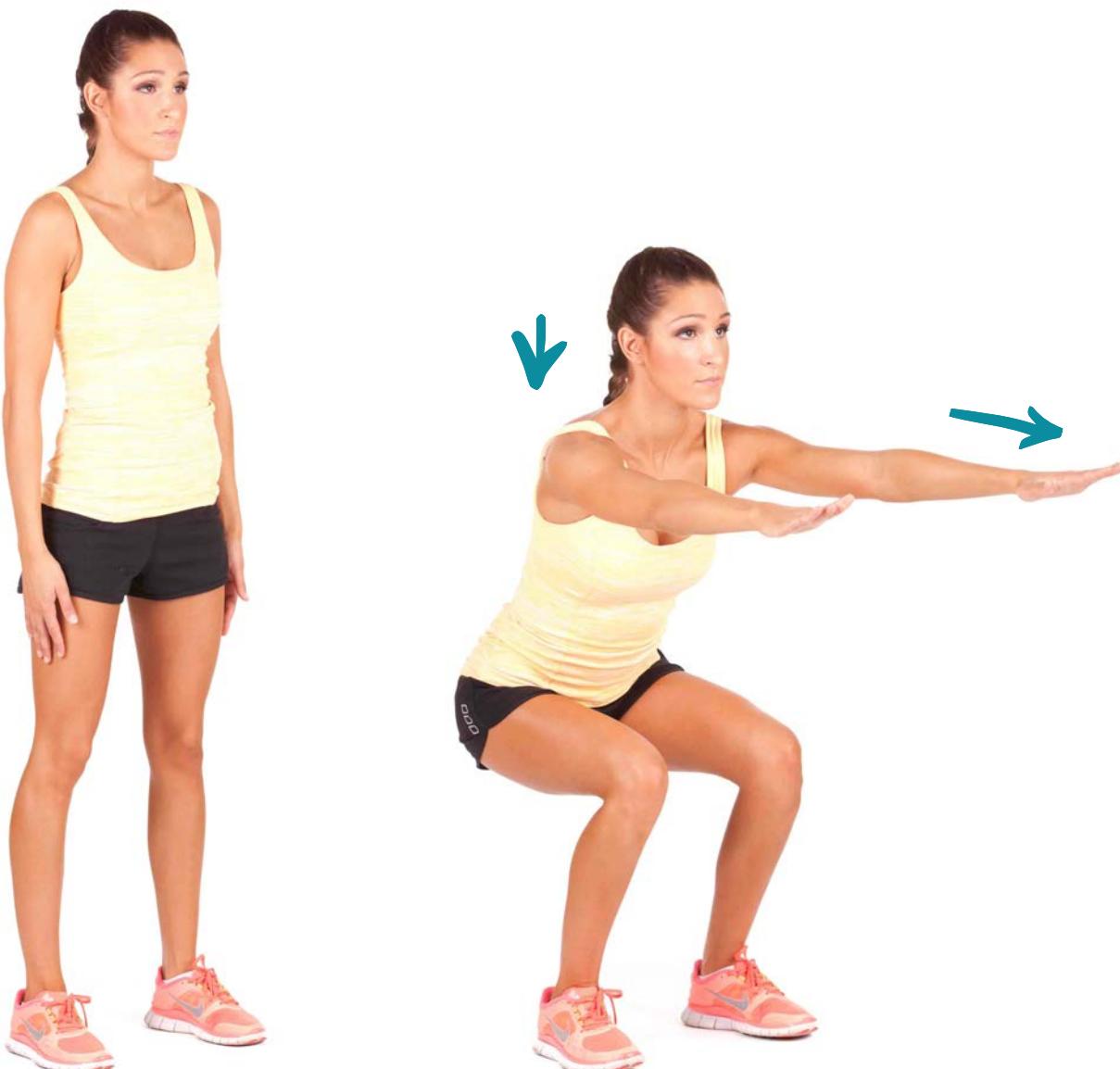
# SPLIT SQUATS

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

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.



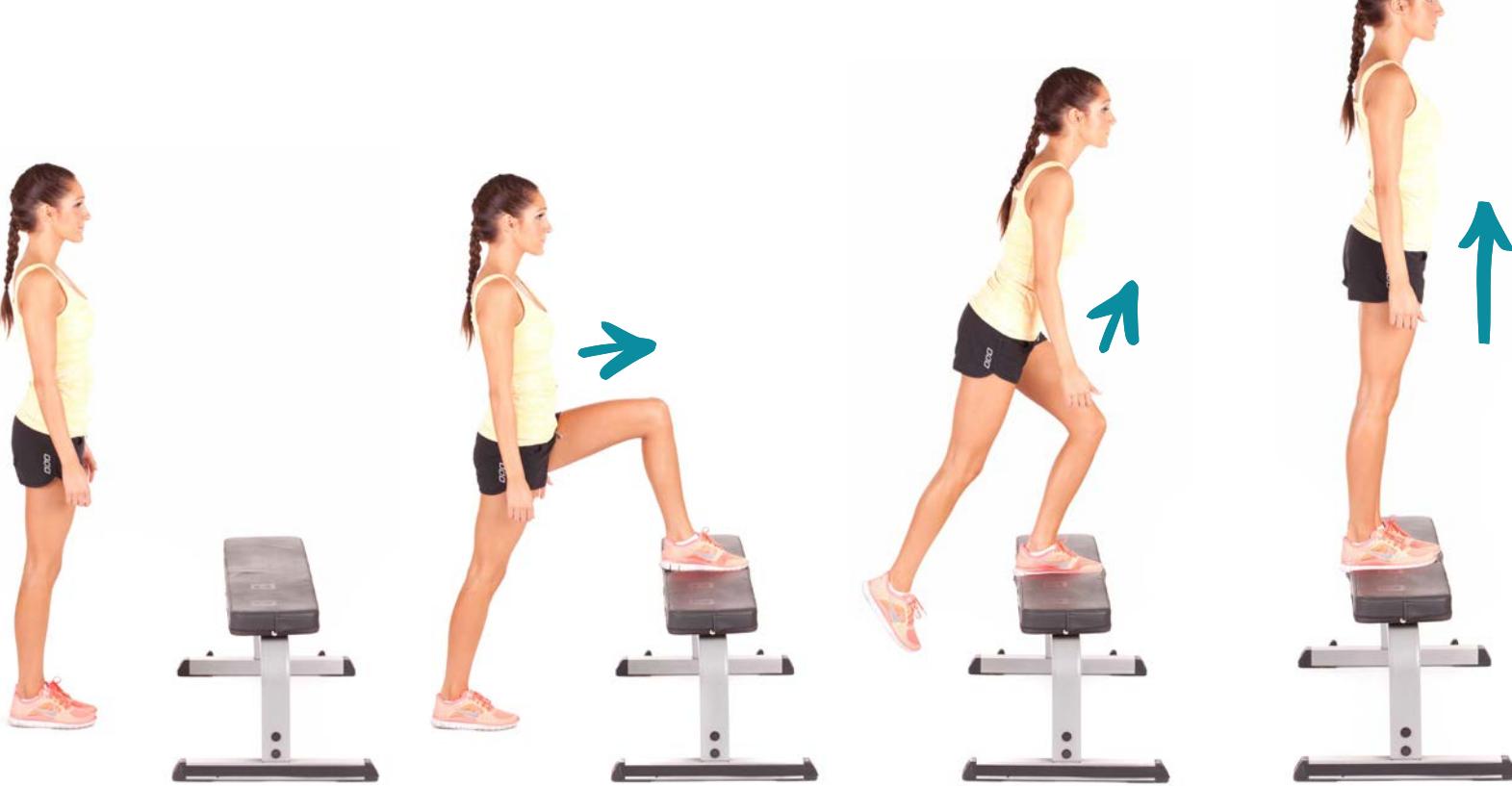
# STEP UPS (WITH OR WITHOUT WEIGHTS)

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 (3-6kg) in each hand.
4. Firmly plant your ENTIRE right foot on the bench making sure your knees are not more forward than 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.

## STEP UPS

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### WITHOUT WEIGHTS

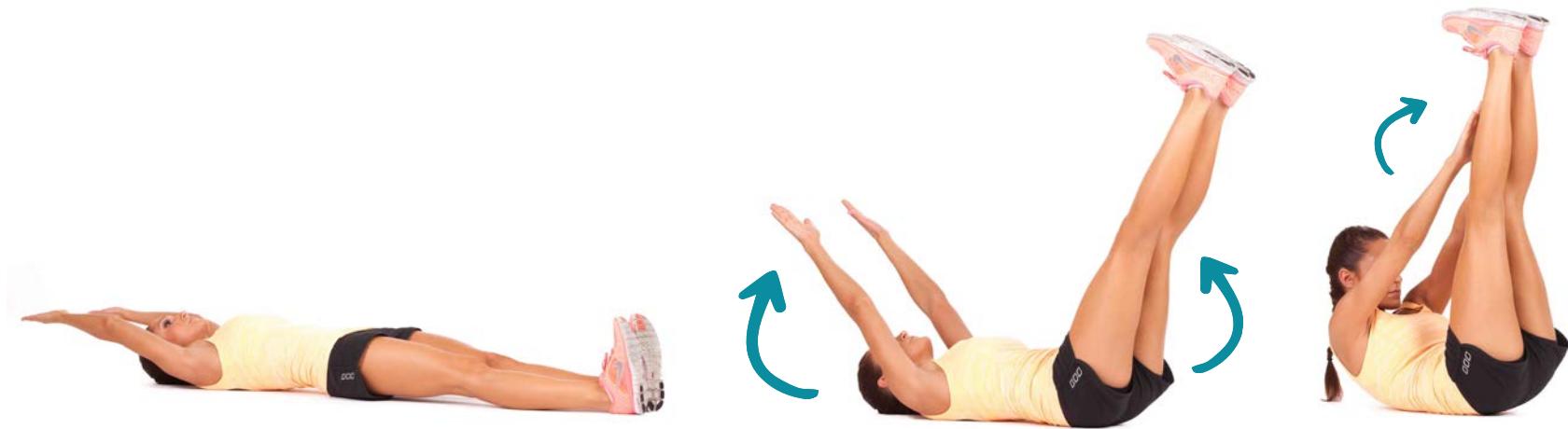


### WITH WEIGHTS



# STRAIGHT LEG JACKKNIFES

1. Start by lying straight on your back on the floor, with both hands above your head. 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 your hands up towards your feet – slowly lifting your head, shoulder blades and torso off of the floor.
5. Squeeze in tightly and slowly release your legs outwards until they are both just slightly off of the floor.
6. Repeat Steps 3-5.



# STRAIGHT LEG RAISES

1. Start by lying straight on your back on the floor and place both hands underneath your coccyx bone, as shown.
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. Slowly release your legs outwards until they are slightly off of the floor.
5. Repeat Steps 3-4.



## VARIATION: SINGLE STRAIGHT LEG RAISES

To reduce the difficulty of this exercise, perform Steps 1-4 lowering one leg at a time rather than lowering both legs together. *This is recommended for women who have recently returned to training after having a baby.*

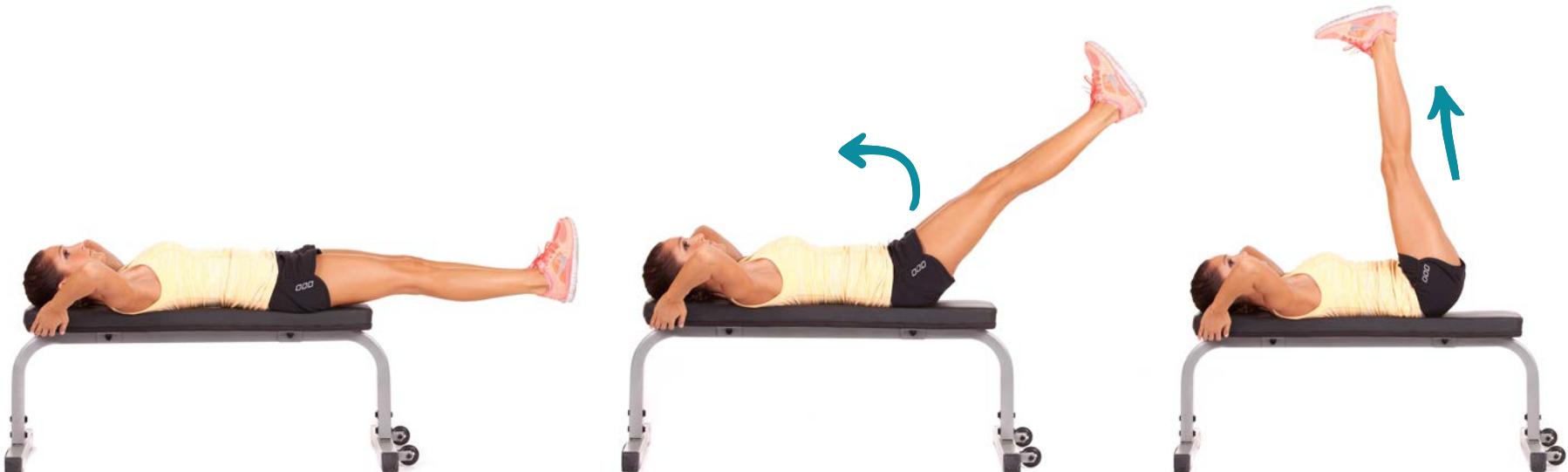
## STRAIGHT LEG RAISES

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### VARIATION: STRAIGHT LEG RAISES (ON BENCH)

To increase the difficulty of this exercise, you may choose to complete them using a bench, as shown below.

- Start by placing a flat bench vertically behind you and position yourself directly in front of it.
- Gently sit back onto the bench and place your arms over your head and firmly grasp the end before extending your legs.
- Repeat Steps 2-5 on previous page.



# STRAIGHT LEG RAISES + HIP LIFT

1. Start by placing a flat bench vertically behind you and position yourself directly in front of it.
2. Gently sit back onto the bench and place your arms over your head and firmly grasp the end before extending your legs.
3. Engage your abdominal muscles by drawing in your belly button to your spine. This is your starting position.
4. Keeping your feet together and legs straight, contract your abdominal muscles and lift your legs up until they form a 90 degree angle with your hips.
5. Once your legs reach 90 degrees, lift your hips off of the bench and press your feet upwards towards the ceiling, as shown.
6. After lowering your hips back onto the bench, slowly release your legs outwards and return to starting position.
7. Repeat Steps 4-6.



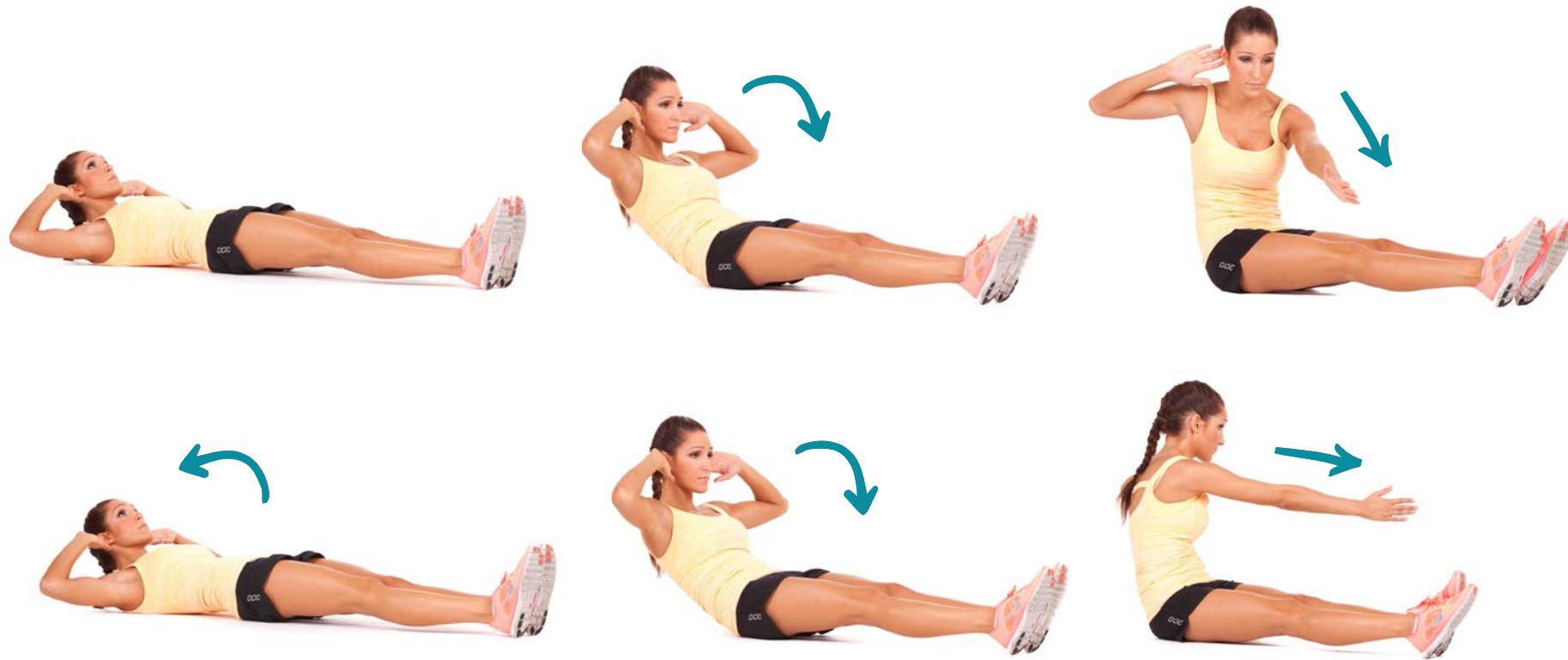
# STRAIGHT LEG SIT UP

1. Start by lying flat on the floor on a yoga mat with your feet extended out in front of you and arms extended above your head.
2. 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, shoulder blades, and torso off of the floor.
4. As you sit up, reach forwards with your hands and touch your toes (or the action of). Ensure that it is your abdominals that initiate the movement, and that you do not use your arms to ‘swing’ your torso up.
5. Slowly release your arms and torso and return to starting position.



# STRAIGHT LEG SIT UP + TWIST

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. Bringing right hand back in towards your ear to return to starting position.
8. Repeat on right side.
9. Repeat Steps 4-8.



# STATIONARY LUNGES

1. Holding one dumbbell (3-6kg) 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.



**WITHOUT WEIGHTS**



**WITH WEIGHTS**

# SUMO JUMP SQUATS

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.



# SUMO SQUATS

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 return to a neutral standing position.
5. Repeat Steps 2-4.



# TOE TAPS

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

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 forwards off of the bench. 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.



## TRICEP DIPS

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### VARIATION: TRICEP DIPS (FEET RAISED)

To increase the difficulty of this exercise, place your feet on a bench in front of you and repeat Steps 4-5.



# TUCK JUMPS

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)

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 (3-6kg) 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.



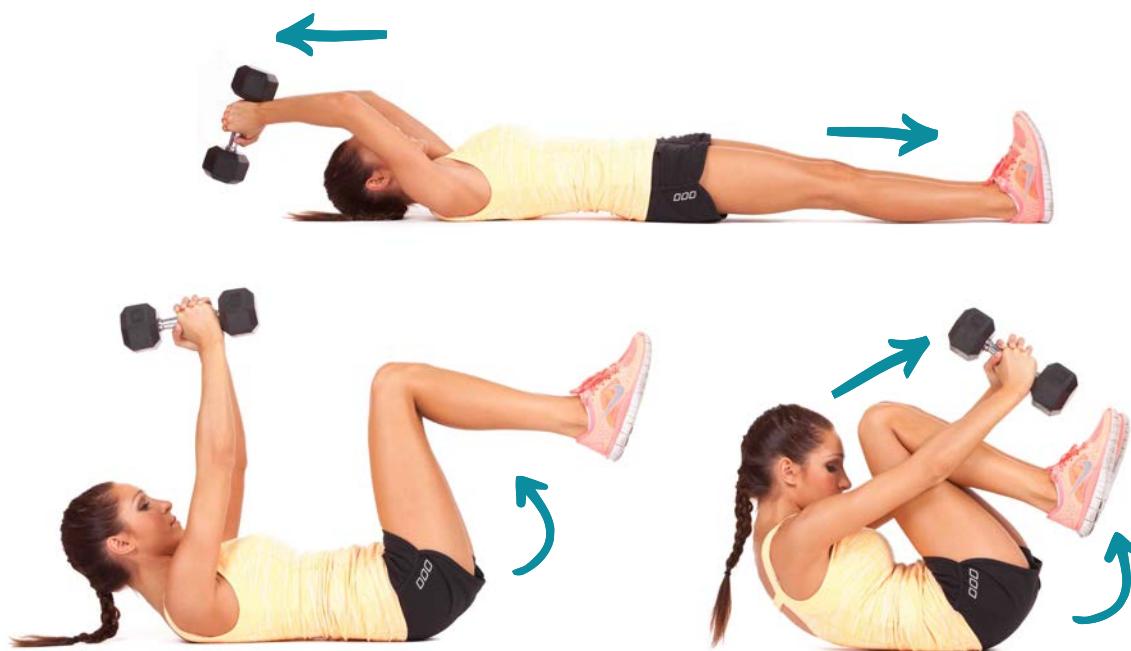
**WITHOUT WEIGHTS**



**WITH WEIGHTS**

# WEIGHTED BENT LEG JACKKNIFES

1. Start by lying straight on your back on a yoga mat, holding a dumbbell (3-8kg) 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.



## VARIATION: BENT LEG JACKKNIFES

To reduced the difficulty of this exercise, performs Steps 1-6 without weights.

# WEIGHTED SUMO SQUATS (ON BENCH)

1. Start by placing two benches vertically on either side of you.
2. Carefully step onto the benches, placing one foot on each bench. Ensure that both benches are stable and are a comfortable distance apart and move if necessary.
3. Once the benches are in position, collect a single dumbbell (6-12kg) and firmly grasp it with both hands.
4. Step up onto the benches, as per Step 2. Point feet slightly outward.
5. Hold the dumbbell between your legs directly in front of your body with arms extended. This is your starting position.
6. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point towards your toes.
7. 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.
8. Push up through your heels to return to a starting position.
9. Repeat Steps 6-8.



## WEIGHTED SUMO SQUATS

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### VARIATION: WEIGHTED SUMO SQUATS (ON FLOOR)

If you do not have access to two benches or wish to reduce the difficulty of this exercise, perform Steps 5-9 on the floor using a dumbbell or kettlebell, as shown below.



# 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 JUMPS

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. Lean your body forward slightly so that you are able to touch your RIGHT foot with your LEFT hand.
5. 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.
6. As you land, lean your body forward slightly so that you are able to touch your LEFT foot with your RIGHT hand.
7. Immediately propel your body upwards into the air again, extending your legs and landing back into squat position.
8. Repeat Step 4-7.

## X JUMPS

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# STRETCHING - CALVES HAMSTRINGS 1

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

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.
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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

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

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

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

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')

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

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)

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)

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

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)

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.



# Well done!

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Congratulations on completing my Bikini Body Training Guide 1.0!

Now that you have finished, you are probably wondering what you should do next?

I've recently released my Bikini Body Training Guide 2.0!

This next guide contains:

- **12 MORE weeks of bikini body training from Weeks 13-24**
- **More ADVANCED exercises and sequences**
- **EXPANDED education section, including foam rolling and postural awareness**
- **MORE exercise options, including how to make exercises harder or easier**
- **ADDITIONAL challenges every few to keep you motivated and help you keep track of your progress!**

Kayla x