**Monday: Legs/Glutes/Calves/Cardio**

* Leg press 4 sets (15-12-12-10)
* Ball wall squat with weight 4 sets (15-12-12-10)
* Leg extension 3 sets (15-12-10)
* Sumo squat 3 sets (15-12-10)
* Standing hamstring curl “on leg extension machine” 4 sets (15-12-10-15)
* Seated hamstring curl 4 sets (15-12-10-15)
* Calf raise on leg press 4 x 15
* Bent knee calf raise 3 x 12
* Inner thigh machine 3×20
* Outer thigh machine 3 x 15
* Cardio: 50 min. run with 25 min. of HIIT mixed in

**Tuesday: Back/Rear delts/Abs/Cardio**

* Lat pull-down 3 sets (12-10-8 reps)
* Close grip pull-down 3 sets (12-10-8 reps)
* Single arm row 3 sets (15-12-10)
* DB Pull-overs 3 sets (15-12-10)
* Bent over rear delt-raise with DBs 3 sets (15-12-10)
* Full sit-up on stability ball 4 sets (30-25-20-15)
* Crunches 4 sets (30-25-20-15)
* Leg raise with hip lift 4 sets (30-25-20-15)
* Cardio: 40-50 min.

**Wednesday: Chest/Biceps/Calves + cardio:**

* Incline chest press 3 sets (15-12-10 reps)
* Pec fly with DBs 3 sets (15-12-10 reps)
* Pec fly on machine superset with pushups to failure 3 sets (15-1210 reps)
* EZ Bar curl 3 sets (15-12-10 reps)
* Alternating DB curl 3 sets (15-12-10 reps)
* Standing calf raise 3 sets (15-12-10 reps)
* Seated calf raise 3 sets (15-12-10 reps)
* Cardio: 50 minutes with 25 minutes of HIIT

**Thursday: Cardio**

* Cardio: 50min.

**Friday: Plyometrics/Cardio**

* Box squat jumps 3 x 30
* Lateral box jumps 3 x 30
* Split squat jumps 3 x 30
* Tuck jumps 3 x 30
* Lateral bounds 3 x 30
* Side hops 3 x 30
* Squat jump (progressing forward)
* 20-30 minutes of additional cardio (either HIIT or steady state depending on how your body is feeling)

**Saturday: Shoulders/Triceps/Abs/Cardio**

* Shoulder press 4 sets (15-12-12-10)
* Cable side raise 4 sets (15-12-12-10)
* Cable front raise 4 sets (15-12-12-10)
* Rear delt fly on machine 4 sets (15-12-12-10)
* Bent over rear delt fly with DBs 4 sets (15-12-12-10)
* Lying triceps extension 4 sets (15-12-12-10)
* Cable underhand triceps extension 4 sets (15-12-12-10)
* Full sit- up on stability ball 3 x 50
* Double crunch 3 x 50
* Bicycle crunch 3 x 50
* Cardio: 45 min.

**Sunday: Cardio**

<http://bloging.lifeplusfitness.com/index.php/bikini-body-8-week-program/>

<http://www.bodybuildingworld.com/vol15_2/total_bikini.html>

<http://www.trimmedandtoned.com/ifbb-bikini-pro-anna-virmajokis-full-workout-routine-diet-plan/>

## **Monday: Legs**

5 x 15 leg extensions (Superset 1)  
5 x 20 shoulder width leg press (Superset 1)  
5 x 15 switch (jump) lunges  
4 x 15 narrow stance squats (Superset 2)  
4 x 10 each leg walking lunges (Superset 2)

## **Tuesday: Shoulders/Triceps**

4 x 10 shoulder press (Superset 1)  
4 x 10 wg barbell raise over your head (Superset 1)  
4 x 10 rear lateral raise  
3 x 8 arnold press (Superset 2)  
3 x 8 each arm lateral raise (Superset 2)  
3 x 15 rope pushdowns (Superset 3)  
3 x 10 db nose crushers (Superset 3)  
3 x 15 db kick backs

## **Wednesday: Back/Biceps**

6 x 8 wg pull downs (Superset 1)  
6 x 8 cg seated cable row (Superset 1)  
4 x 12 rg barbell row (Superset 2)  
4 x 12 one arm pull down (Superset 2)  
5 x 15 hyperextensions (Superset 3)  
5 x 15 supermans (Superset 3)  
4 x 8 preacher curls (Superset 4)  
4 x 12 seated db curl (Superset 4)  
4 x 15 incline db curls (Superset 4)

## **Thursday: Legs**

5 x 15 leg curls (Superset 1)  
5 x 12 weighted step up on bench (Superset 1)  
5 x 12 seated leg curls (Superset 2)  
5 x 12 stiff legs (Superset 2)

## **Friday: Chest/Shoulder/Butt**

5 x 12 pullovers (Superset 1)  
5 x 12 incline cheer press (Superset 1)  
8 x 8 side lateral raise  
5 x 15 one leg leg press (Superset 2)  
5 x 12 each leg walking pump lunges (Superset 2)  
5 x 15 cable squats  
4 x 20 hyperextensions (Superset 3)  
4 x 15 butt machine (Superset 3)

<http://www.simplyshredded.com/rising-star-fitness-model-bikini-competitor-courtney-prather-talks-with-simplyshredded-com.html>

## **Monday: Back/Biceps**

* Dumbbell Bent Over Rows (4 sets x 10-12 reps)
* Seated Row (4 sets x 10-12 reps)
* Wide Grip Lat Pulldown (4 sets x 10-12 reps)
* Neck Pulls w/ Rope (4 sets x 10-12 reps)
* Hyperextensions (4 sets to failure)
* Dumbbell Bicep Curls (4 sets x 10-12 reps)
* Seated Preacher Curls (4 sets x 10-12 reps)
* 21’s w/ Barbell (quarter curl x 7, mid curl x 7, full curl x 7) 3 sets

## **Tuesday: Shoulders/Triceps**

* Seated Dumbbell Shoulder Press (4 sets x 10-12 reps)
* Tri-set: Round The Worlds (4 sets x 10-12 reps)
* Lateral Raises (4 sets x 10-12 reps)
* Forward DB Raises (4 sets x 10-12 reps)
* Dumbbell Shoulder Clean (4 sets x 10 reps)
* Skull Crushers (4 sets x 10-12 reps)
* Tricep Rope Pushdowns (4 sets x 10-12 reps)

## **Wednesday: Legs**

* Leg Extensions (4 sets, last set drop set to failure)
* Lying Hamstring Leg Curl (4 sets, last set drop set to failure)
* Leg Press (4 sets x 8-10 reps, last set drop set)
* Dead lifts w/Barbell (4 sets x 8-10 reps)
* Walking DB lunges ( 3 sets to failure)

## **Thursday: Chest**

* Incline Dumbbell Press (4 sets x 10-12 reps)
* Flat Dumbbell Press (4 sets x 10-12 reps)
* Pectoral Fly Machine (4 sets x 10-12 reps)
* Cable Crossover Fly (4 sets x 10-12 reps)
* Decline Pushups (4 sets to failure)

## **Friday: Glutes/Calves/Abs**

* Walking Lunges to warm-up (2 laps)
* Step-ups w/ Dumbbells (start on box, only tap toe at bottom) (4 sets x 10-12 reps)
* Bridge w/ Barbell (4 sets x 10-12 reps)
* Hack Squats (4 sets x 10-12 reps)
* Buttblaster Machine (4 sets x 10-12 reps)
* Calf Raises (4 sets to failure)
* Ab Circuit: (complete 3 circuits) – 30 sec plank (lifting alternating legs)
* 30 sec hanging leg raises
* 30 sec of exercise ball roll-ins

## **Saturday: Full Body Plyo**

Complete 5-9 rounds of the below without resting (i.e.- 5 rounds is 25 min or work, 9 rounds is 45 min)

* 1 minute Jumping Rope
* 1 minute Up/downs aka- Burpees
* 1 minute Mountain Climbers
* 1 minute Jumping Jacks
* 1 minute Squat Jumps

## **Sunday: Rest Day**

* Recovery

<http://www.muscleandstrength.com/workouts/troys-3-day-maintenance-workout.html>

http://www.simplyshredded.com/ifbb-bikini-pro-fitness-model-noemi-olah-talks-with-simplyshredded-com.html

## **Monday: Legs**

* Leg Press 4×12
* Leg Extension 4×15
* Leg Curls 4×12
* Hack Squat 4×12
* Walking Lunges 4×20
* 30 mins cardio

## **Tuesday: Shoulders/Chest**

* Dumbbell Press 4×12
* Arnold DB Press 4×12
* Barbell Rear Delt Row 4×12
* Lying One Arm Lateral Raise 4×15
* Around The Worlds 4×12
* Bench Press 4×15

## **Wednesday: Back/Abs**

* Bent Over Barbell Row 4×12
* One Arm Dumbbell Row 4×12
* Seated Cable Rows 4×12
* Pullups 4×12
* Crunches – Legs on Ball 4×20
* Cross Body Crunch 4×30
* Hanging Leg Raise 4×20
* Jack-knife Sit-Up 4×15

## **Thursday: Arms**

* Alternate Hammer Curl 4×12
* Barbell Curl 4×12
* Concentration 4×12
* Overhead Cable Curl 4×12
* Standing Dumbbell Tric. 4×12
* Triceps Pushdown 4×15
* Bent Over Two Arms Extension 4×12
* Barbell Brench Press 4×12

## **Friday: Glutes/Abs**

* Butt Lift Close Legs 4×50
* Butt Lift Open Legs 4×50
* Glute Kickback 4×20
* Pull Through (Hip Pulls) 4×15
* 40 min cardio

## **Saturday: Cardio/Abs**

* 1 hour of cardio + Intervals
* 30 minutes of Ab work

## **Sunday: Rest**

* Recovery

http://www.simplyshredded.com/ifbb-bikini-pro-and-fitness-model-marzia-prince-talks-with-simplyshredded-com.html

## **Day 1: Back/Chest/Plyos/Step ups**

Higher reps this week to target the little muscle fibers and keep it more cardiovascular.

* Pull ups 4 sets/ 20 reps
* 15 jump squats
* Push ups 4 sets/ 20 reps
* 15 burpees
* Lat pull downs 4 sets/ 20 reps
* 25 bench step ups on each leg with 5 lbs ankle weights on
* Machine chest press 4 sets/ 20 reps
* 25 step ups each leg with 10 lbs. ankle weights on

## **Day 2: Abs/Cardio**

* 4 mile run
* 25 bosu ball crunches 4 sets
* 25 half bicycles on bosu ball 4 sets
* 25 medicine ball crunches (laying in a crunch position, legs in air, medicine ball in hands and reach to your toes)
* 25 hanging leg raises with legs straight 4 sets
* Bicycles (endurance-for as long as you can)
* Plank (endurance-for as long as you can)
* 1 mile run

## **Day 3: Legs**

* 10-15 minute cardio warm up is essential for legs!
* 25 Squats (Can be machine, barbell, or hack squats) 3 sets
* 25 plie squats with no with immediately after 3 sets
* 15 jump squats 3 sets
* 25 Walking lunges (Body weight with weights in hands) 3 sets
* 20 stationary lunges on each side immediately after 3 sets
* 20 jump lunges 3 sets
* 25 Hamstring curls (Machine) 3 sets
* 25 Ball hamstring curls on swiss ball 3 sets
* 25 Calves (Machine) 3 sets
* Jump rope or jump in place for one minute

## **Day 4: Bi’s/Tri’s/Delts/4 miles**

* 10 minute cardio warm up.
* Dumbbell bicep curls 4 sets/25 rep
* Band bicep curls (Should feel a great burn) 4 sets/25 rep
* Dumbbell lateral shoulder raises 4 sets/25 rep
* Band lateral raises (targets little muscles for a great burn) 4 sets/25 rep
* Cable tricep pull downs 4 sets/25 rep
* Band kickbacks (Burn baby burn!) 4 sets/25 rep
* Dumbbell shoulder press up 4 sets/25 rep
* Band presses up 4 sets/25 rep
* 1 mile run

## **Day 5: Legs (Little muscle groups)**

* Lying down on side- (do both sides)
* Side leg lifts 4 sets/25 reps
* Inner thigh leg lifts 4 sets/25 reps
* Leg circles forward 4 sets/25 reps
* Leg circles backward 4 sets/25 reps
* On all fours- (keep core tight, do not let hang)
* Fire hydrant leg lifts (yes, like a dog! LOL) 4 sets/25 reps
* Leg raises 4 sets/25 reps
* Glute squeezes (leg at 90 degrees and squeeze glutes as you push leg up, keep foot flexed, bring leg down again)
* Fire hydrant/glute squeeze combo (each leg) 4 sets/25 reps
* Laying on back – Floor bridges (lay on back, knees up, feet on ground, squeeze butt at top on contraction)
* One legged leg lift (you are laying on back in floor bridge position, take one leg and lay it flat on floor, lift leg up and bring it back to the floor)
* Adductors – Machine 4 sets/25 reps

## **Day 6: Cardio**

* Pick 3 different machines and do 20 minutes on each.
* Hit it hard for each 20 minute machine.
* Example – Step mill, treadmill, elliptical

## **Monday – Shoulders/Triceps**

* Shoulder press (10-12lbs db’s) – 3 sets of 15 reps
* Side laterals (5-8 lbs. db’s) – 3 sets of 20 reps
* Pair with Front raises (perform right after side laterals) 5 lb. db’s- 3 sets of 15
* Tricep press down (rope-40-45 lb depends on machine) 3 sets of 15 reps

## **Tuesdays – Back/Biceps**

* Lat pulldown (wide grip- 50-80 lbs depends on machine) 3 sets of 15
* Seated row (40-60 lbs) 3 sets of 12
* One arm Bent over row (db’s- 20 lbs) 3 sets of 15 per arm
* Pair with Bicep burl (10 lbs db) 3 sets of 20 reps
* Underarm lat pulldown (hands close grip under hand-pull toward chest- 40-50 lbs) 3 sets of 12 reps

## **Wednesday – Glutes/Hams**

* Lying leg curl (50-70lbs) 3 sets of 15
* Seated leg curl (40-60 lbs) 3 sets of 15 reps
* Glute kickback machine 3 sets of 20 reps
* Deadlifts (Use bar or db’s- 45-50 lb bar or 20 lb db’s) 3 sets of 20 reps
* Walking lunges (Holding 10 lbs db’s) 3 sets of 15 per leg

## **Thursday – Cardio**

* 40mins steady state

## **Friday – Glutes/Shoulders**

* Glute kickback machine 3 sets of 20 reps
* Reverse lunges  3 sets of 15 per leg
* Shoulder press (10-12lbs db’s) – 3 sets of 15 reps
* Side laterals (5-8 lbs. db’s) – 3 sets of 20 reps

## **Saturday – Quads/Glutes**

* Leg extensions (45-70 lbs) 5 sets of 15 reps
* Leg press (45 degree- 45 lb plate each side) 3 sets of 15 reps
* Smith machine squat (feet close together- 25 lb plate each side) 3 sets of 15 reps
* Walking lunges 3 sets of 15 reps
* Glute kickback machine 3 sets of 20 reps
* Reverse lunges 3 sets of 15 per leg