

— BIKINI PREP —

BURN-FAT, BUILD-MUSCLE PLYO WORKOUT

Warm up with five minutes of light cardio. Perform each three-exercise circuit three times before moving to the next. Cool down with five minutes of stretching.

CIRCUIT 1



JUMP SQUAT W/HEEL CLICK

15 reps



LEG BALANCE WARRIOR 3

10 reps, each side



PLANK WITH BUNNY HOP

20 reps, alt. sides

CIRCUIT 2



SIDE SKATER

30 reps, alt. sides



OBLIQUE V-CRUNCH

8 reps, each side



ASYMMETRICAL PUSH-UP

10 reps, alt. sides

CIRCUIT 3



180 JUMP SQUAT

20 reps, alt. sides



SIDE ELBOW PLANK WITH LEG LIFT

10 reps, each side



PLANK W/ALT. SHOULDER & KNEE TAP

10 reps