



BIKINI BODY

30 MIN WORKOUT

EXERCISE	REPS	SETS	REST
SQUAT TO ROW ON LOW PULLEY (warm-up)	20	2	30 SECS
WIDE LAT PULLDOWN SS LAT RAISES DB	15	3	60 SECS
DB CHEST PRESS SS INCLINE CHEST FLY DB	12	3	60 SECS
DB WALKING LUNGES SS ROMANIAN DEADLIFT KB	20	3	90 SECS

60 MIN WORKOUT

EXERCISE	REPS	SETS	REST
SQUAT TO ROW ON LOW PULLEY (warm-up)	25	2	45 SECS
SINGLE LEG PRESS SS SPLIT SQUATS	15	3	60 SECS
WIDE LAT PULLDOWN SS LAT RAISES DB	15	3-4	60 SECS
DB CHEST PRESS SS INCLINE CHEST FLY DB	15	3-4	90 SECS
DB WALKING LUNGES SS ROMANIAN DEADLIFT KB	20	3	90 SECS
ABDOMINAL CRUNCHES ON BENCH SS REVERSE CRUNCHES	20	3-4	45 SECS

KEY:

BB	BARBELL
DB	DUMBBELL
DS	DROP-SET
KB	KETTLE BELL
SS	SUPER-SET



BIKINI BODY- PICS

SQUAT TO ROW ON LOW PULLEY



WIDE LAT PULLDOWN



LAT RAISES



DB CHEST PRESS



INCLINE CHEST FLY DB



DB WALKING LUNGES



ROMANIAN DEADLIFT KB



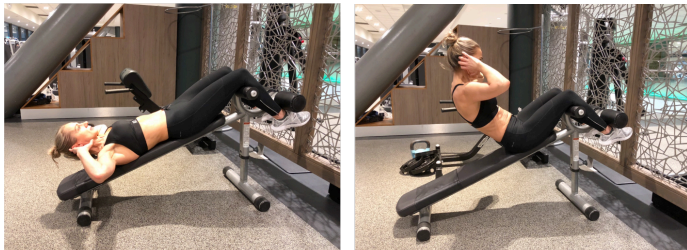
SINGLE LEG PRESS



SPLIT SQUATS



ABDOMINAL CRUNCHES ON BENCH



REVERSE CRUNCHES

