



HOME EXERCISE PRGOGRAMME

Class:	Bikini Sculpt
Trainer name:	Benine
Equipment:	Dumbbells, Mat
Date:	April 28, 2020

WARM-UP





Full body mobilization	5min	
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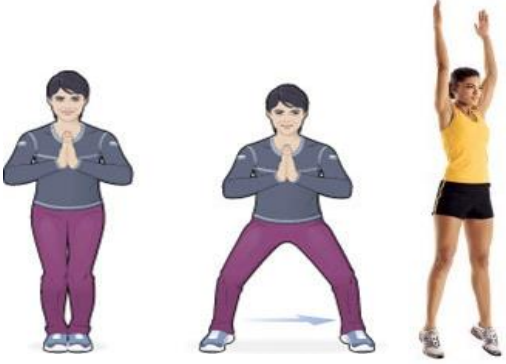

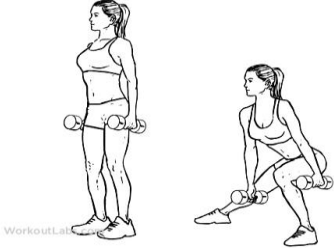

WORKOUT

Repeat each group 3 times.

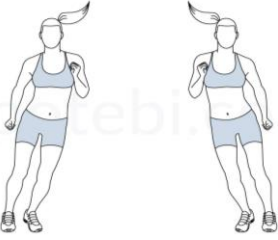



GROUP 1

EXERCISE	REPS	NOTES/ILLUSTRATION
Starjump	10	
Bent Over Row	10	
Alternating Lunges Back	10	<p>Count on each leg</p>
Squat Jump	10	



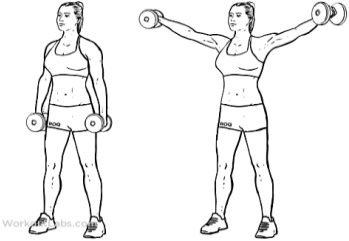

GROUP 2		
EXERCISE	REPS	NOTES/ILLUSTRATION
Skaters	10	
Shoulder Press	10	
Squats	10	
In and Out Jump Squats	10	

GROUP 3		
EXERCISE	REPS	NOTES/ILLUSTRATION
Side Step and Hop Up	10	 <p>Step to the side and hop up.</p>
Tricep Kick Back	10	
Alternating Side Lunges	10	 <p>WorkoutLab</p>
Lunge Jump	10	





GROUP 4

EXERCISE	REPS	NOTES/ILLUSTRATION
Lateral Hops	10	 <p>Jump side ways over immaganery line.</p>
Bicep Curls	10	
Sumo Squat	10	
Pop Squats	10	



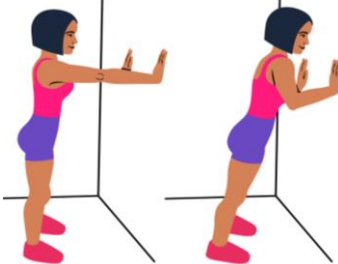

GROUP 5

EXERCISE	REPS	NOTES/ILLUSTRATION
Jog on the Spot	Count to 60	
Walking Lunges	20	 <p>Alternating legs. Count each step you take. Use which ever space you have.</p>
Side Raises	10	 <p>Work @ abs.com</p>
Dumbbell Burpee	5	





GROUP 6

EXERCISE	REPS	NOTES/ILLUSTRATION
High Knees	Count to 60	
Squat walks	8 to the right and 8 to the left	 <p data-bbox="760 724 1307 808">Step squat then bring feet together and then step squat again. Do 8 in the one direction then 8 in the other. Keep dumbbell at your chest.</p>
Front Raises	10	
Mountain Climber	10	


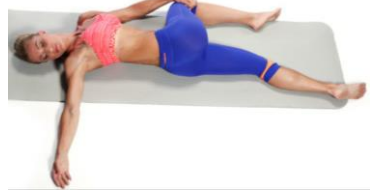





GROUP 7

EXERCISE	REPS	NOTES/ILLUSTRATION
Butt Kicks	60	
Calf Walks	20 Steps	 <p data-bbox="760 737 1235 789">Do 20 steps with your arms staying up and staying on your toes. Hold a light dumbbell.</p>
Wall Push-ups	10	
Jog Punch Up	20	 <p data-bbox="760 1434 1101 1486">Jog on the spot while you punch up. Count 20 punches alternating arms.</p>

GROUP 8

EXERCISE	REPS	NOTES/ILLUSTRATION
Side Shuffle Touch	10	 <p>Do 3 side shuffles to the one side and touch down. That counts as one rep.</p>
Tricep Skull Crucher	10	
Hip Lift with dumbbells	10	
Sit-ups	10	

STRETCHES

Knees to chest	Hold 20sec	
Laying Twist Streth	Hold 20sec (left and right)	
Laying Hamstring Stretch	Hold 20sec (left and right)	
Seated Reach for Toes	Hold 20sec	
One leg out reach for toes	Hold 20sec (left and right)	
Chest Stretch	Hold 20sec	
Back Stretch	Hold 20sec	
Shoulder Stretch\	Hold 20sec (left and right)	