

8-Week Bikini Body Challenge (Month 1)

MONDAY & THURSDAY (Strength, Cardio, Abs)

- Full Weight Training Plan for Women
- 30 mins Cardio Kickboxing
- How to Loose Belly Pooch

WEDNESDAY (Active Rest)

- Do an activity you enjoy such as swimming, hiking, dance classes, walking in the park etc.

SUNDAY (Complete Rest)

- Do NOTHING!

TUESDAY & FRIDAY (Strength, Cardio, Abs)

- Full Weight Training Plan for Women
- Bodyweight High Intensity Cardio
- How to Get a Flat & Sexy Tummy (x3)

SATURDAY (Challenges)

- 100 Squat & Push-up Challenge
- 5-Minute Plank Challenge
- 4-Week Ab Challenge

**Aim to increase the intensity (use weights), shorter rest time & quicker completion time.*

****Estimated Total Workout Time: 60-70mins.**

****Estimated Calories Burned (Mon, Tues, Thurs, Fri): 500 - 600 calories.**

****Start with 5-10 mins warmup & end with 5-10 mins cool down + stretches.**

****On Saturday, complete 1 set for each challenge or push yourself and do 2 sets!**

****A combination of Strength, Cardio & Abs exercises will give you the BEST results to lose weight & lean up!**

****You MUST follow the foundation of my "8-Week Bikini Body Meal Plan", it's 80% to your success!**

****You can split your workout if necessary, just be sure to complete the entire workout by the end of the day.**

****As you progress and get stronger through the weeks, be sure to lift heavier weights, shorter rest between sets and aim to complete the workout session in a shorter time. Challenge yourself!**

****You may change the workout days according to your suitability.**

All Workout Videos are available at www.youtube.com/user/joannasohofficial

8-Week Bikini Body Challenge (Month 2)

MONDAY & THURSDAY (HIIT)

- 4-Week Total Body Makeover Challenge
- 4-Week Ab Challenge
- Bikini Body Countdown Challenge

WEDNESDAY (Active Rest)

- Do an activity you enjoy for 30 - 45mins

SATURDAY (Fun)

- Total Body Balance Workout
- 10 Mins Sexy Arms, Legs, Butt & Abs
- Quick Full Body Stretches

TUESDAY (Upper Body Strength)

- Total Upper Body Workout for Women
- How to Get Bigger & Firmer Breasts
- Sexy Arms & Shoulders Exercises
- Bikini Body Countdown Challenge

FRIDAY (Lower Body Strength)

- How to Get a Sexy & Toned Butt
- Get Rid of Cellulite
- 5 Best Calf Slimming Exercises
- Bikini Body Countdown Challenge

SUNDAY (Complete Rest)

- **Estimated Total Workout Time: 60-70mins. Aim for 3 sets for all exercises except 'Bikini Body Challenge'
- **Estimated Calories Burned (Mon, Tues, Thurs, Fri): 500 - 600 calories.
- **Start with 5-10 mins warmup & end with 5-10 mins cool down + stretches.
- **A combination of Strength, Cardio & Abs exercises will give you the BEST results to lose weight & lean up!
- **You MUST follow the foundation of my "8-Week Bikini Body Meal Plan", it's 80% to your success!
- **You can split your workout if necessary, just be sure to complete the entire workout by the end of the day.
- **As you progress and get stronger through the weeks, be sure to lift heavier weights, shorter rest between sets and aim to complete the workout session in a shorter time. Challenge yourself!
- **You may change the workout days according to your suitability.

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