

MY *Bikini* Belly



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**Your 21 Day Blueprint For
A Flat & Firm Belly**

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly.

Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.
Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always err on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Welcome!



It's Shawna K, and I want to personally congratulate you on making the smart decision and investing in "My Bikini Belly".

In the next few minutes I'm going to take you by the hand and show you Exactly how to use the My Bikini Belly system To Visibly SEE Your Slimmest, Most Attractive Stomach EVER in a simple, safe and timely manner.

I'm not going to waste to much time with scientific jargon but rather explain exactly how each day works together and then show you step-by-step exactly what you need to do to get the best results in the fastest and simplest way possible.

YES, it's going to take some effort on your part. I'm not saying it's going to all be completely easy. I'm saying it's going to be completely worth it when you're enjoying your new Bikini Belly.

I'm super excited to have you here. Just stick with me and I promise I'll make a Bikini Belly Believer out of you.

Okay, let's get your Bikini Belly Transformation started!

Your 3 Step Bikini Belly Blueprint...

To Visibly SEE Your Slimmest, Most Attractive Stomach EVER

The magic of Bikini Belly is all in the sequencing and exercise selection of the 3 special type of flat belly workouts that have been carefully programmed to match your current hormonal state.

Workout #1 - Bikini Belly FLUSH

Workout #2 - Bikini Belly BURN

Workout #3 - Bikini Belly BLAST

Each workout strategically builds upon the last and works together so that after every 7 days you're activating more of your metabolism and burning MORE belly fat.

When you combine all 3 types of ab workouts together each week, the overall belly burning results are MUCH greater than each workout by itself.

Your workout schedule will look something like this:

Day 1: Bikini Belly FLUSH #1

Day 2: Bikini Belly BURN #1

Day 3: Bikini Belly BLAST #1

Day 4: Active rest

Day 5: Bikini Belly FLUSH #2

Day 6: Bikini Belly BURN #2

Day 7: Bikini Belly BLAST #2

Day 8: Active rest

Day 9: Bikini Belly FLUSH #3

Day 10: Bikini Belly BURN #3
Day 11: Bikini Belly BLAST #3

Day 12: Active rest
Day 13: Bikini Belly FLUSH #4
Day 14: Bikini Belly BURN #4
Day 15: Bikini Belly BLAST #4

Day 16: Active rest
Day 17: Bikini Belly FLUSH #5
Day 18: Bikini Belly BURN #5
Day 19: Bikini Belly BLAST #5
Day 20: Active rest
Day 21: Bikini Belly FLUSH #5

In fact, because I like to OVER deliver, I've added even more workouts so that you have tons of variety and you'll have a bonus week of training:

Day 22: Bikini Belly BURN #6
Day 23: Bikini Belly BLAST #6
Day 24: Active Rest
Day 23: Bikini Belly FLUSH #7
Day 24: Bikini Belly BURN #7
Day 23: Bikini Belly BLAST #7

*Active rest is when you'll take a break from 'training' and do something 'active' that won't cause you to break into a hot sweaty mess. Think: gardening, walking, easy hiking, a recreational bike ride.... that sort of thing.

Now, if you need to take an extra day of rest, feel free. This is an intense program, even if the workouts are only 20 minutes (for the advanced workout). Work at your own pace, but try to fit in 3-4 workouts a week.

Here are the styles of workouts you're going to LOVE:

TURN OFF Your Menopause Molecules with The Bikini Belly FLUSH Workouts

These workouts will crank up your metabolism with muscle toning intensity. Don't be afraid of a little muscle – it's what brings your sexy shape back to life.

Add muscle tone and you'll be stoking the metabolic fire so that you'll be able to burn more calories even at rest. You see, muscle is more metabolically active than fat, it requires more calories to sustain it so by adding muscle tone, your resting metabolic rate will increase. When your metabolic rate increases, you can burn more fat without starving yourself.

Stay safe! You'll be 'feeling the burn' with these workouts. I implore you to listen to your body. Muscle 'burn' should be equal on both sides of your body, *in the muscle belly* and not in your joints. If you feel anything in the joint area or on a single side of your body, back off by modifying to an easier version of the exercise.

Form is MOST imperative.

Do the most difficult exercise variation you can WHILE MAINTAINING PERFECT FORM. As SOON as your form starts to deteriorate, modify the exercise – you'll be able to do this when you listen and follow along with the videos. **I'll always offer you tips and ways to intensify and modify each and every move.**

You'll find that these special total body movements INSTANTLY activate more of your metabolism so that you're burning MORE belly fat even while you sleep. This is due to what's called '**after burn**'. You basically 'turn up the heat' as you exercise and your metabolism stays stoked all day and night long.

What's exciting is that studies show that even 10 minutes of intense exercise can increase the 'magical' HGH (Human Growth Hormone) that will help torch belly fat and build muscle tone.

***TURN ON* Your Belly Shrinking Hormone with The Bikini Belly BURN Workouts**

These workouts are designed to include special TARGETING exercises that slim and firm your belly and trouble spot areas while you blast fat and burn calories.

Contrary to popular belief, it IS possible to trim and tone trouble spot areas with *metabolically expensive compound exercises*.

Let me explain: Exercise stimulates the release of adrenaline. Adrenaline is what's known as a "catecholamine" or a hormone that serves to stimulate lipolysis or fat burning in the body. High intensity exercise in particular is the ideal way to increase the release of catecholamine hormones and subsequently release fat from the cells.

Your goal is to INCREASE blood flow to your trouble spots so that you can increase catecholamine hormones directly to those areas.

So go ahead and focus on your trouble spots by doing these workouts that will increase blood flow right to those areas.

***TURN UP* Your Metabolism with The Bikini Belly BLAST Workouts**

You're going to really sweat with these little known metabolic bursts movements that activate even more heat in your metabolism through thermogenesis.

These workouts will TURN ON anti-aging molecules inside your cells while increasing your energy and decreasing fatigue.

Now if 'impact' is an issue for you – a word of caution. Reduce or eliminate any jumping movement and simply swap it out with the modification given in the videos.

The goal of these workouts is to get your heart pumping hard followed by short rests. You'll experience 'incomplete recovery' so you'll be training in the 'anaerobic heat zone'. But don't worry; you can handle the heat by gearing each workout to your level.

Read on to find out more about the exact amount of work to do....

How long should I workout?

You'll see that EVERY workout has a training option for beginners, intermediate and advanced exercisers.

LISTEN to your body. You need to push yourself, but not too far.

Start the program off moderately, especially if you haven't worked out in a long time. Then gradually increase intensity.

ONLY YOU know how hard to push.

But I can tell you this, if you're not a hot mess after the workout, you may just not have pushed hard enough.

These workouts work – when you do.

If you're expecting to walk away from each workout clean and dry, you're mistaken. You need to push your limits (once you know what they are), in order to get results.

The work is done in short order, generally you'll find:

- Beginners workouts are about 10 min
- Intermediate workouts are about 15 min
- Advanced workouts are about 20 min

You'll want to do the short warm up video or this warm up to get your body primed and remain injury free:

Bodyweight Warm-up

Go through the superset using a slow tempo for each exercise. Do not rest.

- Jumping Jacks – 20 reps
- Prisoner Lunge – 8 reps per side
- Spiderman Climb – 8 reps per side
- Wall sit Stick-up – 8 reps
- Pushups – 8 reps
- Easy jump rope 50 reps

You'll also follow the cool down video or do some of your own gentle stretches after each workout.

The last thing you need to do before you start is take your weight and measurements. Also, I highly recommend taking 'before' photos as well. Take them with snug fitting clothes in good lighting from the front, side and back – you won't want to do it now, but you'll be happy you did so that you can objectively notice the changes in your body.

I'm SO excited for you and your upcoming transformation!

Stay in touch with me to keep my posted of your progress. You can find me here:

- My blog at www.ChallengeWorkouts.com
- Facebook at www.Facebook.com/ChallengeWorkouts
- Twitter and Periscope at @ChallengeShawna
- YouTube at www.YouTube.com/c/ChallengeWorkouts

Of course, I'll be staying in touch with you via email too, just reply to any of my emails as well.

All the best to you, now get started!

Shawna K

Here's a handy chart to accurately track your results:

Weight and Measurement Chart

Date:				
Weight:				
Desired weight:				
Chest:				
Arm left (around middle of bicep):				
Arm right:				
Waist (smallest point around the midsection):				
Abdomen (one inch below the belly button):				
Hips (widest point):				
Thigh left (one inch below the inseam):				
Thigh right:				
Inches lost	xxxxxxx			
Weight lost	xxxxxxx			

Bikini Belly FLUSH Workouts

Workout 1 - 'Planks' for the Abs

Warm up

Set your timer for 40 seconds of work with a 5 second transition.

- Squat Jump
- Shoe Touch
- Reverse Bridge Hold
- Side Plank
- Side Plank
- Burpee
- Plank

Cool down

Suggestions to make it your own:

Beginners – 1 circuit

Intermediate – 2-3 circuits

Advanced – 4-5 circuits

Workout 2 - What To Do With a Box?

Equipment: box

Warm up

Set a timer for 40 seconds of work with a 10 second transition:

- Box jump burpee
- Decline push ups

- Burpee
- Reverse bench step
- Tricep skull crusher
- Hamstring reverse hip lift

Cool down

Suggestions to make it your own:

Beginners – 1 circuit

Intermediate – 2-3 circuits

Advanced – 4-5 circuits

Workout 3 - Cheatin' 300+ Times

Equipment: timer, optional: pull up bar

Warm up

Set your timer for 15-20 minutes and do what you can of the following 5 exercises.

- 25 Body Weight Squats
- 25 Push-ups
- 25 Shoe touches
- 25 Burpees
- Pull ups to failure or 25 wall sit stick ups

Rest one minute

Cool down

Suggestions to make it your own:

Aim to get:

Beginners – 1 circuit

Intermediate – 2 circuits

Advanced – 3 circuits

Workout 4 - Up n Down

Equipment: optional: box or bench

Set your timer for 15-20 minutes and do what you can:

Warm up

Do 10 reps:

- burpee
- wall sit stickup
- mountain climber
- prisoner reverse lunge
- decline push up (regular push up with no

box)

- prisoner squats
- jumping jacks

Cool Down

Suggestions to make it your own:

Aim to get:

Beginners – 1 circuit

Intermediate – 2 circuits

Advanced – 3 circuits

Workout 5 - One Leg Fun

Warm up

Do 30 work with a 10 seconds transition

- One leg burpee (try to get 8 reps)
- Other leg burpee
- Triple stop push up
- Skater
- Plank
- Rest

Cool down

Suggestions to make it your own:

Beginners – 2 circuit2

Intermediate – 3-4 circuits

Advanced – 5-6 circuits

Workout 6 - 500 Rep Bodyweight Workout

Warm up

Equipment: Timer, optional: box or sturdy chair, pull up bar

Exercises: Do 10 reps of these 5 exercises

1. Burpee (with push up if you can)
2. Prisoner squat
3. One leg walk out to plank cross body mountain climber (alternate legs)
4. Box jump

5. Pull up (assisted pull up, wall sit stick up)

Cool down

Suggestions to make it your own:

Beginners – 10 min AMRAP
Intermediate – 15 min AMRAP
Advanced – 20 min AMRAP

OR

Use a timer. Set it for 30 seconds of work with a 5 second transition. For this variation, take a 30 second break between rounds.

Beginners – 1 circuit
Intermediate – 2-3 circuits
Advanced – 4-5 circuits

Workout 7 - No Sittin' Around

Equipment: jump rope
Warm up

Do 30 seconds of work with a 5 second transition of the following:

- Sit out
- Prisoner 1 1/2 Squats
- Jump rope
- Decline push ups
- Sit out
- Prisoner Reverse lunge
- Jump rope

- Push ups
- Sit out
- One leg stiff legged dead lift
- One leg stiff legged dead lift
- Jump rope
- Spiderman crawl
- Sit out
- Prisoner 1 1/2 Sumo Squats
- Jump rope
- Plank hold recovery

*Alternatives for the sit out: mountain climber, full body extension

Cool down

Suggestions to make it your own:

Beginners – 1 circuit

Intermediate – 2 circuits

Advanced – 3 circuits

Bikini Belly BURN Workouts

Workout 1 - Swingin' Good Time

Warm up

Set your timer for 20 seconds of work with a 10 second transition.

- Burpees
- Prisoner Squats
- Swing Lunge
- Swing Lunge
- Triple Stop Push Up
- Mountain Climber

Cool Down

Suggestions to make it your own:

Beginners – 2 circuits

Intermediate – 4 circuits

Advanced – 6 circuits

Workout 2 - Bodyweight Don't Lie

Warm up

Equipment: Timer, optional: box for box jump (sturdy chair, stairs), pull up bar

Set the timer for 5 rounds of one minute of work and 15 seconds recovery/transition.

Exercises:

Burpees (modified burpee, full body extension)

Pull ups (assisted pull ups, wall sit stick up)

Bodyweight Squats

Push ups (modified push up)

Box jumps (squat jumps or squats)

Rest one minute between each round of five exercises.

Cool down

Suggestions to make it your own:

Beginners – 2 circuit

Intermediate – 3 circuits

Advanced – 4 circuits

Need a Change? Training Variation:

Do 10 reps of all exercises for 3-5 rounds.

Optional Ab Polisher to Finish

Set your timer for 20/10 for 8 sets:

1A - Shoe touch 20 sec

1B - Floor leg raise 10 sec

Repeat for 4 sets

Then do:

2A – Sit out 20 sec

2B – Front plank 10 sec

Repeat for up to 4 sets

Workout 3 - A\$\$ N Abs

Equipment: Timer, Optional: Pull up bar, bench

Warm up

Set your timer for 30 seconds of work with a 5 second transition.

Do this circuit:

- Lunge Jump or reverse lunge
- Hanging Leg Raise or Floor Leg Raise
- Bulgarian Split Squat (on bench or floor)
- Bulgarian Split Squat (on bench or floor)
- Shoe Touch
- Rotational Front Plank

Cool down

Suggestions to make it your own:

Beginners – 2 circuits

Intermediate – 4 circuits

Advanced – 6 circuits

Workout 4 - Up by Five

Warm up

Do the following exercises AMRAP style.

- 1 – 5 pull ups (assisted pull up, wall sit stick up)

- 2 – 10 burpees (walk out burpees/full body extensions)
- 3 – 15 jumping lunge/per leg (or reverse lunges)
- 4 – 20 push ups (modified push up)
- 5 – 25 bodyweight squats

Cool down

Suggestions to make it your own:

- Beginners – AMRAP 10 minutes
- Intermediate – AMRAP 15 minutes
- Advanced – AMRAP 20 minutes

Need a Change? Training Variation:

Do the exercises in a timed set 30/05 for 3-6 rounds.

Optional Ab Polisher to Finish

Set your timer for 30/10. Do the following:

- Front plank
- Side plank
- Side plank
- Hanging leg raise (floor leg lift)
- Stationary sprint – high knees

Repeat up to three times

Workout 5 - Lucky # Seven

Warm up

Exercises:

- 7 squat jumps (squats)
- 7 decline push ups (regular or modified push up)

7 jumping lunges/per leg (reverse lunge)
7 pull ups (assisted pull up)
7 plank alternate leg lift/per leg

Repeat this circuit in AMRAP style.

Cool down

Suggestions to make it your own:

Beginners – AMRAP 10 minutes

Intermediate – AMRAP 15 minutes

Advanced – AMRAP 20 minutes

Training Variation:

Do timed sets of the above exercises, 30/05 for 3-5 rounds.

Optional Butt Lifter to Finish

5 reps single leg RDL to reverse lunge

Repeat opposite side

5 reps lateral lunge

Repeat opposite side

5 per side jumping lunges

Repeat with 4 reps of each exercise, then 3 reps of each exercise, then 2, then 1 rep of each exercise

Workout 6 - Count Up Bodyweight Challenge

Warm up

Start with 2 reps of each exercise, do all five exercises, then add two reps each round (so you'll do four reps of each exercise on round 2, 6 reps of each exercise on round 3 etc).

Equipment: Timer, optional: box for box jump (sturdy chair)

Exercises:

- Box jump (or squat jump)
- Spiderman push up (count per side)
- Prisoner reverse lunge (count per side)
- Burpee
- Wall sit stick up (slow reps on the stick up)

Cool down

Suggestions to make it your own:

Beginners – AMRAP 10 minutes

Intermediate – AMRAP 15 minutes

Advanced – AMRAP 20 minutes

Need a Change? Training Variation:

Do 10 reps of all exercises for 2-5 rounds.

Optional Ab Polisher to Finish

Do the following exercises for 5 rounds:

7 per leg spider crawl

7 per side leg climbers

7 burpees (modified burpee, full body extension)

Workout 7 – Bulgarian Burpee

Equipment: optional: box or sturdy chair

Warm up

Set your timer for 30 seconds work/5 seconds transition.

- Wide stance Burpee
- Bulgarian split squat prisoner arm position (on box or floor)
- Bulgarian split squat prisoner arm position
- Triple stop push ups
- Front plank recovery 30 seconds

Cool down

Suggestions to make it your own:

Beginners – 10 sets or 2 circuits

Intermediate – 15 - 20 sets or 3-4 circuits

Advanced – 25 - 30 sets or 5-6 circuits

Bikini Belly BLAST Workouts

Workout 1 - 'Ab'-solutely Body Weight

Warm up

Set your timer for 30 seconds with a 10 second transition.

- Bodyweight squats or squat jumps
- Mountain climber
- Burpees
- Wall sit
- Spider crawl

Cool down

Suggestions to make it your own:

Beginners – 3 sets

Intermediate – 5 sets

Advanced – 6-7 sets

Workout 2 - Skip a Rope

Equipment: Jump rope

Warm up

Set your timer for one minute/30 second.

Repeat this entire circuit:

- 1 minute HARD Skipping

- 30 seconds of Prisoner Reverse Lunges
- 1 minute HARD Skipping
- 30 seconds of Push Ups
- 1 minute HARD Skipping
- 30 seconds of Prone Sky Diver
- 1 minute HARD Skipping
- 30 seconds of Front Plank (recovery)

Cool down

Suggestions to make it your own:

Beginners – 2 sets

Intermediate – 3 sets

Advanced – 4 sets

Workout 3 - Burpee Basics

Warm up

Set your timer for repeats of 20 seconds with a 5 second transition:

- burpees
- prisoner squats
- spiderman push ups

Cool down

Suggestions to make it your own:

Beginners – 8 sets

Intermediate – 12 sets

Advanced – 16 sets

Workout 4 – One Minute of Anything

Equipment: Jump rope

Warm up

Set your timer for one minute with a 10 second transition.

Repeat this circuit.

- 1 minute Hard Skipping
- 1 minute Push Ups
- 1 minute Burpees
- 1 minute Body Weight Squats
- 1 minute Plank recovery or REST

Cool down

Suggestions to make it your own:

Beginners – 2 sets

Intermediate – 3 sets

Advanced – 4 sets

Workout 5 – Double Up!

Warm up

Set your timer for 30 seconds of work with a 5 second transition:

- double jump burpee
- front plank
- burpee
- shoe touch

Cool down

Suggestions to make it your own:

Beginners – 4 sets

Intermediate – 6 sets

Advanced – 8 sets

Workout 6 – Burpee Rotisserie

Warm up

Set your timer for 30 seconds work/5 seconds transition.

- Long jump burpee
- Front plank
- Mountain climber burpee
- Side plank
- Sit out burpee
- Side plank (other side)

Cool down

Suggestions to make it your own:

Beginners – 3 sets

Intermediate – 4-5 sets

Advanced – 6 sets

Workout 7 - Leap o' Faith

Warm up

Do the following exercises with as little rest as possible:

- sit out burpee 10 per side
- prisoner squats 20
- get ups 10 per side
- long jump burpees 10
- rest (or do a front plank recovery) 30 seconds

Cool down

Suggestions to make it your own:

Beginners – 2 sets

Intermediate – 3 sets

Advanced – 4 sets