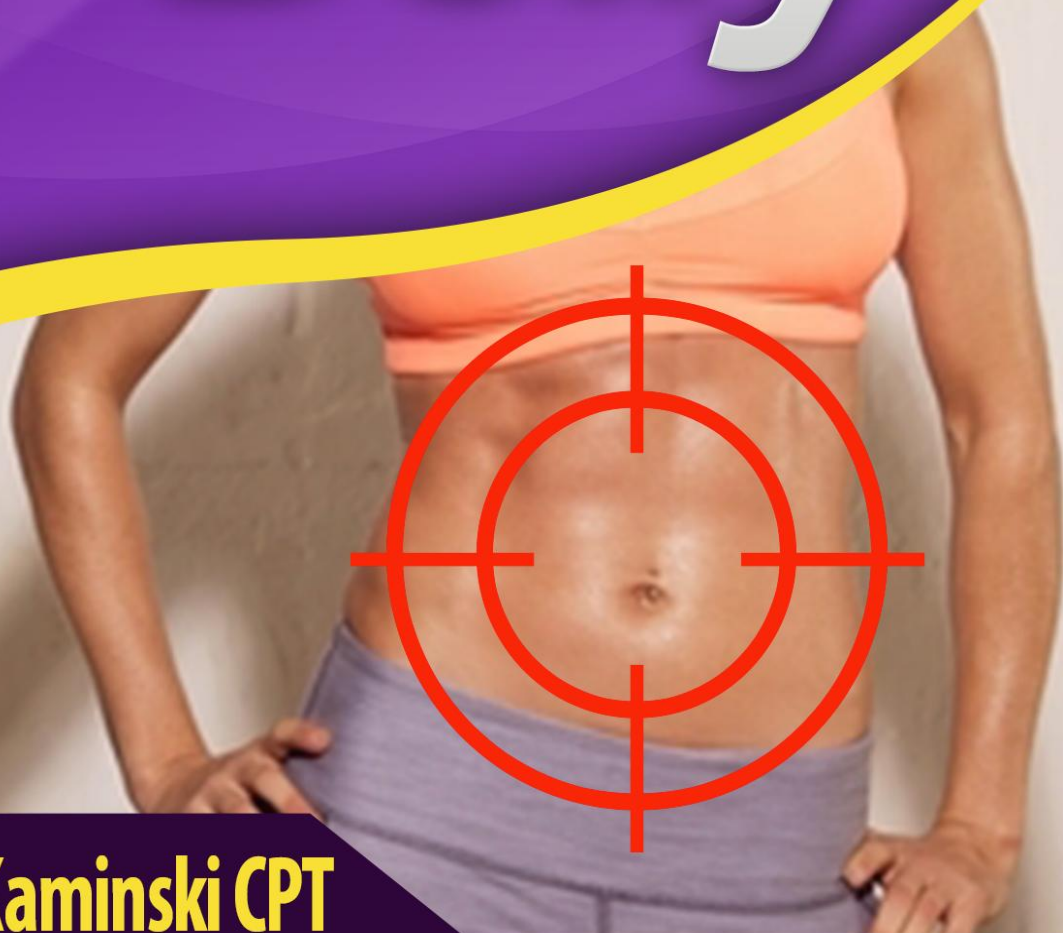


**MY Bikini Belly**

# MY **Bikini** Belly



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*My Bikini Belly FOREVER CLUB*

Disclaimer:

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 error 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 the 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 to the My Bikini Belly Forever Club

You've made the right choice and you're in good company in the *My Bikini Belly Forever Club*.

This is the very first module and you'll see that the plan is simple and easy to follow.

You'll find a flash, burn and blast workout. The synergy of each workout will help you banish your menopause belly *forever*.

Feel free to use workouts from the My Bikini Belly program or these new ones – ***but don't over do it.***

Workout length should be limited to 30 minutes or less. You will get results when you train 3-4 times per week. If you want to accelerate your progress (and since the workouts are short) you can increase your training days to up to 6 workouts per week, but make sure to take a day of active rest.

Remember that LONG workouts are counter-productive and will only contribute to your menopause belly.

With any of the My Bikini Belly workouts, remember this mantra:

***Exercise QUALITY trumps QUANTITY!***

Exercise FORM is important. Do your best with each exercise. Feel free to modify should your form start to fall apart. The goal of the program is to make progress and this can't happen if you're injured, *so listen to your body.*

**Take rest when necessary.**

Make time to follow a simple warm up and cool down (see the My Bikini Belly videos as reference, an alternative warm up is included below).

Enjoy the workouts and make sure to keep posting on our Facebook page!

Warm up – This should take about 2 minutes:

- 5 arm circles forward
- 5 arm circles backward
- 5 bodyweight squats
- 5 kneeling push ups
- Downward dog hold
- 5 jumping jacks or step jacks
- Repeat

**\*For each workout, watch the coaching videos for more detailed instructions.**

# My Bikini Belly Forever Club Workout #1

## Full Body FLUSH

Start with the warm up.

\*This workout can be either a timed set or you can count reps if you have no timer.

### **Beginners** 14 min

- Do 25 seconds of work with a 15 second rest OR 8 reps of each
- Do 3 rounds
- Rest as needed between rounds

### **Intermediate** 14 min

- Do 30 seconds of work with a 10 second rest OR 10 reps of each
- Do 3 rounds
- Rest as needed between rounds

### **Advanced** 18 min

- Do 40 seconds of work with a 10 second rest OR 12 reps of each
- Do 3 rounds
- Rest as little as possible between rounds.

These are the exercises from most modified to more advanced:

- Modified push up => push up => Triple stop push up
- Squat => Prisoner squat => Prisoner 1.5 rep squat
- Modified plank => Plank => Plank alternate leg lift
- Full body extension => Burpee walk out => Burpee
- Modified plank => Plank => Get up
- Wall sit => Wall sit stick up
- Skater step => Skater with jump

End with a 3-5 minute cool down.

# My Bikini Belly Forever Club Workout #2

## BURN It Up

Start with the warm up.

### Set 1 – Squat Medley AMRAP

Set your timer for 2 minutes

- 3 squats
- 3 ½ squats
- 3 pulsing squats
- 3 squat jumps

Repeat as many times as possible – rest when needed

### Set 2 – Push Up - Back Medley AMRAP

Set your timer for 2 minutes

- 3 push ups
- 3 supermans
- 3 breast strokes

Repeat as many times as possible – rest when needed

### Set 3 –Glute Medley AMRAP

Set your timer for 2 minutes

- single leg glute bridge 5 reps
- other leg glute bridge 5 reps
- 10 shoe touches

Repeat as many times as possible – rest when needed

Repeat all sets 1-3.

\*Advanced? Do a 3<sup>rd</sup> round.

# **My Bikini Belly Forever Club Workout #3**

## **It's a BLAST**

Start with the warm up.

### Set 1

Set your timer for 45 sec work/15 sec rest

- burpees or alternative (see workout #1 for modifications)
- wall sit stick ups (or just stick ups)
- plank (advanced: alternate leg lift)

Rest up to one minute

### Set 2

Set your timer for 45 sec work/15 sec rest

- skater step or skater hops
- mountain climber
- plank (advanced: get up)

Rest up to one minute

### Set 3

Set your timer for 45 sec work/15 sec rest

- squat with hands extended overhead
- squat jump
- plank (advanced: bodyweight renegade row)

Rest up to one minute

Repeat all three sets with 30 seconds work/15 seconds rest timing