

MY *Bikini* Belly



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

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!

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 types 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.

Listen to your body. These workouts are short and will not elicit a cortisol (the fat storing hormone) response.

Your work out schedule is very simple. Alternate the Flush,

Burn and Blast workouts. Do a workout every second day with a day of rest in between.

If you'd like accelerated results and went ahead to purchase the Super Sculpt workouts, use one of these short workouts on the day in between.

*You'll be able to gain access to the Super Sculpt workouts on the membership portal if you didn't include this series in your original purchase.

It's as simple as that.

Keep in mind that there's an expanded exercise library to direct you as well as videos to follow along with. (You'll find MORE exercises in the library than are in this program – but it's always good to have more exercises to refer to if you ever want to learn how to do them properly.)

These are challenging workouts – don't be discouraged!

Watch and listen to each video and I'll give alternatives for you to modify each exercise if needed. Go at your own pace.

Every workout uses ONLY your BODYWEIGHT so you can literally do them anywhere. The exercises are also SELF LIMITING - this means that your body will 'fail' or you'll need to stop or modify an exercise *well before you're at risk for injury*. This is safest way to train.

You'll notice that there are three levels of intensity in each workout video.

The good news is that as your fitness level improves, you can follow along with the advanced version of each exercise demonstrated in the videos.

Remember: NO pain is good pain when you feel it in a joint or if it's sharp or stabbing in nature. Rather, a 'slow muscle burning' sensation felt evenly on both sides of your body is what you can expect.

Start off moderately. Increase your workout intensity slowly after each workout.

Drink lots of water to aid your recovery.

For best results, modify your nutrition with the My Bikini Belly nutrition plan (found in the membership portal).

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

TURN OFF Your Menopause Molecules **Strength Based 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.

Proper exercise form is 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 **Targeted Fat Loss 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

High Intensity Anaerobic Resistance 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?

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.

You'll do the short warm up in each video. If you find that you'd like MORE of a warm up, just do the following before starting the video:

Bodyweight Warm-up

Do two rounds of 15 seconds of each exercise. Go slowly and work at your own pace:

- Squat with chest opening stretch
- Step jacks -> Jumping Jacks
- Reverse Lunge -> Prisoner reverse Lunge
- Lateral lunge
- Modified Pushups -> Regular push up
- Spider crawl
- Shoe touch
- Full body extension -> squat jump

You'll also follow the cool down video or do some of your own gentle stretches after each workout. You'll find a video to follow along to for a cool down as well.

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!

Remember, this is NOT some nonsense "magical cure" for getting a flat belly ...This 21 day follow along workout system is a realistic, 100% proven blueprint for getting you a flat and firm belly that WORKS – but ONLY if you put it into action!

Studies show that over 50% of those that buy home workout programs don't even open them.

But I know that you're different. That's why you're unpacking this plan of action to employ right away.

Stay in touch with the 'My Bikini Belly' community and me. We want to celebrate your progress while supporting you along the way.

Of course, I'll be staying in touch with you via email too.

All the best to you, now get started!

Shawna

Ps. For best results, the My Bikini Belly workouts are intended to be used in follow along format. This keeps the workout flowing with no wasted down time setting a timer or checking what exercise is next. As well, you'll benefit from the coaching and watching the various ways to modify each exercise.

If you need anything, including written instructions for each workout, feel free to reach out to the My Bikini Belly Support team at: Support@MyBikiniBelly.com

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 | | | | |
| Weight lost | | | | |