

12 Week Bikini Bombshell Workout Plan

Thank you for downloading this 12 week bikini bombshell workout plan. On the next few pages you will find 3 monthly calendars and your workout plans for the next 12 weeks. Over the next 12 weeks you will be exercising 5 days per week, each workout taking between 30-45 minutes to complete. You have the option to perform extra cardio if you feel you need it (but remember to take at least one rest day per week). These workouts can be performed at anytime during the day, whenever is the best time for you. Before starting your exercise plan there are some important things you need to know.

Equipment

You will need a set of dumbbells or bands as a minimum requirement for this workout plan. The workouts are made to suit your current fitness situation, whether you have a gym membership or just a small set up at home. If you don't have access to certain equipment, I have listed alternate exercises which can be done with a pair of dumbbells or bands.

Warm up & cool down

It is very important that you warm up properly prior to exercising. I recommend performing cardio for at least 5 minutes prior to starting your workout. If the workout you are doing is a weights-based workout, then I highly recommend performing warm up sets for the muscles you will be targeting. For example, if your workout is a shoulder workout, you would perform 10 reps of each exercise you are about to do with light 5lb (or less) dumbbells to get your muscles ready and warmed up and to help prevent injury.

Your cool down should last at least 5 minutes and include light cardio (such as walking) to bring your heart rate down slowly, and should also include static stretching of the worked muscles, remembering to hold each stretch for at least 30 seconds.

Superset

A superset is one exercise followed immediately by another without rest.

Drop set

After you have finished a set, you will immediately drop the weight and perform another set with less weight, but the same amount of reps (or more if you can). Keep lowering the weight and performing reps until you cannot perform any more. This is a highly effective way to help burn out and fatigue your muscle/s.

The workouts

Weeks 1-8: Perform all sets and reps for each exercise before moving on to the next

Weeks 9-12: Perform each exercise one after the other without rest. Once you have finished the circuit, take a 60 second rest before repeating.

Tips

- Always check with a doctor before starting any workout/diet program.
- Remember to use proper form to avoid injury.
- Breathe properly and contract your core during each exercise.
- If you do not know how to do a particular exercise, I recommend checking out [bodybuilding.com's exercise library](http://www.bodybuilding.com/exercises/): <http://www.bodybuilding.com/exercises/>
- Go as heavy as you can while maintaining proper form. If you are performing 12 reps, it should be challenging by the 10th rep. If it isn't you need to increase your weight.
- Ladies, do not fear lifting heavy! Lifting weights will not make you bulky, it will make you look lean. If you want the 'toned' look, then lifting weights is a must. You will not get 'lean' or 'toned' with cardio.
- Drink lots of water.
- Abs are made in the kitchen. There is no need to perform ab exercises every day.
- Don't obsess over the scales - they don't tell the whole story! Remember to also take measurements and photos to track your progress
- If possible, find a workout buddy to motivate you.
- Keep track of how much weight you use for each exercise and aim to increase your weight each week.

Enjoy!



#12wbikinibombshell



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Weeks 1-4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Glutes	Shoulders	Arms	Back	Legs	Rest	Rest/Stretch
Glutes	Shoulders	Arms	Back	Legs	Rest	Rest/Stretch
Glutes	Shoulders	Arms	Back	Legs	Rest	Rest/Stretch
Glutes	Shoulders	Arms	Back	Legs	Rest	Rest/Stretch



Weeks 5-8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Legs & Glutes	Back & Biceps	Cardio of choice for 30-45 mins	Shoulders & Triceps	Legs & Glutes	Rest	Rest/Stretch
Legs & Glutes	Back & Biceps	Cardio of choice for 30-45 mins	Shoulders & Triceps	Legs & Glutes	Rest	Rest/Stretch
Legs & Glutes	Back & Biceps	Cardio of choice for 30-45 mins	Shoulders & Triceps	Legs & Glutes	Rest	Rest/Stretch
Legs & Glutes	Back & Biceps	Cardio of choice for 30-45 mins	Shoulders & Triceps	Legs & Glutes	Rest	Rest/Stretch



Weeks 9-12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PHA Circuit 1	Cardio	Full Body Circuit	Cardio	PHA Circuit 2	Rest	Rest/Stretch
PHA Circuit 1	Cardio	Full Body Circuit	Cardio	PHA Circuit 2	Rest	Rest/Stretch
PHA Circuit 1	Cardio	Full Body Circuit	Cardio	PHA Circuit 2	Rest	Rest/Stretch
PHA Circuit 1	Cardio	Full Body Circuit	Cardio	PHA Circuit 2	Rest	Rest/Stretch



Weeks 1-4

Glutes

Exercise	Alternate Exercise	Sets	Reps	Rest
Stiff leg deadlift	Single leg bodyweight deadlift	4	10	45 seconds
Static barbell lunge (drop set on last set)	Dumbbell lunge	4	10	45 seconds
Cable kickback	Donkey Kicks	3	12	45 seconds
Cable abductions	Standing leg abductions (with or without band)	3	12	45 seconds
Barbell Hip Thrust	Body weight hip thrust	3	10	30 seconds
Kneeling bench cable kickback	Kneeling straight leg lift	3	10	45 seconds

Cardio: 20 minutes post weight training

Target heart rate: 120-150bpm.

Shoulders

Exercise	Alternate Exercise	Sets	Reps	Rest
Dumbbell shoulder press	Nil	4	10	30 seconds
Lateral raise/front raise combo	Nil	4	10	30 seconds
Upright row	Nil	4	10	30 seconds
Incline overhead press (drop set on last set)	Nil	4	10	30 seconds
Reverse fly	Nil	4	12	30 seconds

Cardio: 20 minutes post weight training

Target heart rate: 120-150bpm.

Arms

Exercise	Alternate Exercise	Sets	Reps	Rest
Overhead cable rope extension	Overhead dumbbell tricep extension	4	10	30 seconds
Skull crushers	Nil	3	10	30 seconds
Cable rope pulldown (drop set on last set)	Bent over dumbbell tricep extension	3	10	30 seconds
EZ bar bicep curl	Dumbbell bicep curl	4	10	30 seconds
Rope hammer curl	Dumbbell hammer curl	3	10	30 seconds
Wide grip cable curl (drop set on last set)	Dumbbell bicep curl	3	10	30 seconds

Cardio: 20 minutes post weight training

Target heart rate: 120-150bpm.

Please note: If you are running short on time or are unable to perform 20 minutes of cardio following your weight training, perform cardio moves in between sets (instead of resting) to help keep your heart rate up. Cardio moves may include jumping jacks, running, box jumps, star jumps, skipping etc. Anything that will increase your heart rate is fine.



Weeks 1-4

Back

Exercise	Alternate Exercise	Sets	Reps	Rest
Wide grip lat pulldown superset with push ups	Lat pulldown with band	4	10	45 seconds
Seated cable row superset with dumbbell chest press	Seated row with band	4	10	45 seconds
Close grip lat pulldown	Pull down with band	3	10	30 seconds
Bent over alternating dumbbell row		3	10	30 seconds
Kneeling high pulley row	Kneeling band high pulley row	3	10	30 seconds
Dumbbell rear delt raise		3	12	30 seconds

Cardio: 20 minutes post weight training

Target heart rate: 120-150bpm.

Legs

Exercise	Alternate Exercise	Sets	Reps	Rest
Barbell squat	Dumbbell or bodyweight squat	4	10	45 seconds
Barbell walking lunges	Dumbbell or bodyweight walking lunges	4	10	45 seconds
Dumbbell step ups	Bodyweight step ups	3	12	45 seconds
Leg extension (drop set on last set)	Band leg extension	3	12	30 seconds
Hamstring curl (drop set on last set)	Band leg curl	3	12	30 seconds
Dumbbell calf raises	Bodyweight calf raises	3	10	30 seconds

Cardio: 20 minutes post weight training

Target heart rate: 120-150bpm.

Abs

Exercise	Alternate Exercise	Sets	Reps	Rest
Standing toe touch fifer scissors (also known as standing hand to toe scissors)	Nil	3	20	30 seconds
Lying toe touch fifer scissors (also known as abdominal hand to toe scissors)	Nil	3	20	30 seconds
Plank hold	Nil	3	Hold as long as possible	30 seconds
Dumbbell russian twist	Nil	3	20	30 seconds
Bicycle crunch	Nil	3	20	30 seconds

Perform abs 1-3x per week on alternate days

Please note: If you are running short on time or are unable to perform 20 minutes of cardio following your weight training, perform cardio moves in between sets (instead of resting) to help keep your heart rate up. Cardio moves may include jumping jacks, running, box jumps, star jumps, skipping etc. Anything that will increase your heart rate is fine.



Weeks 5-8

Legs & Glutes

Exercise	Alternate Exercise	Sets	Reps	Rest
Barbell squat superset with stiff leg deadlift	Bodyweight squat Bodyweight single leg deadlift	3	12	Up to 30 seconds
Walking lunges superset with box jumps	Nil	3	16	Up to 30 seconds
Hamstring curl superset with pop squat	Nil	3	12	Up to 30 seconds
Leg extension superset with burpees	Nil	3	12	Up to 30 seconds
Barbell hip thrusts superset with 30 sec mountain climbers	Nil	3	12	Up to 30 seconds

Back & Biceps

Exercise	Alternate Exercise	Sets	Reps	Rest
Wide grip lat pull down	Band pull down	4	12	Up to 30 seconds
Close grip lat pull down superset with standing cable rows	Band pull down Cable row with band	3	12	Up to 30 seconds
Alternating bent over dumbbell row superset with push ups	Nil	3	12	Up to 30 seconds
Dumbbell bicep curl superset with high knees	Nil	3	15	Up to 30 seconds
Hammercurl superset with jumping lunges	Nil	3	15	Up to 30 seconds
Plank jumps	Nil	3	15	Up to 30 seconds

Shoulders & Triceps

Exercise	Alternate Exercise	Sets	Reps	Rest
Arnold press	Band overhead press	4	12	Up to 30 seconds
Dumbbell lateral raise superset with alternating dumbbell front raise	Nil	3	12	Up to 30 seconds
Cable rope rear-delt rows superset with dumbbell upright row	Band rear-delt row Band upright row	3	12	Up to 30 seconds
Tricep bench dips superset with quick step ups for 45 seconds	Nil	3	12	Up to 30 seconds
Tricep push up superset with speed skaters for 45 seconds	Nil	3	12	Up to 30 seconds
Box jump burpee	Nil	3	10	30-60 seconds



Weeks 9-12

P&A Circuit 1

Exercise	Alternate Exercise	Sets	Reps	Rest
Cable squat	Bodyweight Squat	Perform circuit 3 times through	15	0
Push up to dumbbell row	Nil		↓	↓
Walking dumbbell Lunges	Bodyweight walking lunges		↓	↓
Tricep dips	Nil		↓	↓
Frog Jumps	Nil		↓	↓
Barbell push pree	Nil		↓	↓
Dumbbell step ups	Bodyweight step ups		↓	↓
Bear Crawl	Nil		60 seconds	60 seconds

P&A Circuit 2

Exercise	Alternate Exercise	Sets	Reps	Rest
Dumbbell deadlift	Single leg bodyweight deadlift	Perform circuit 3 times through	15	0
Barbell bench press	Dumbbell bench press		↓	↓
Bench Sprint	Nil		↓	↓
Tricep push ups	Nil		↓	↓
Walking dumbbell lunges	Bodyweight walking lunges		↓	↓
Bent over barbell row	Bent over band or dumbbell row		↓	↓
Jump squat	Nil		↓	↓
Standing toe touch fifer scissors (also known as standing hand to toe scissors)	Nil		20	60 seconds



Weeks 9-12

Full body circuit

Circuit	Exercise	Sets	Reps	Rest
1	Dumbbell squat	2	15	0
	Body weight jump squat		10	
	Dumbbell squat		15	
	Body weight jump squat		10	
	Dumbbell squat		15	
2A	Push up	2	15	30-60 seconds
	Russian twist		15	
2B	Squat with bicep curl	2	15	
	Bent over dumbbell rows		12	
2C	Split squat with hammer curl	2	6-8 each leg	
	Mountain climbers		20	
2D	Lunge with dumbbell ab twist	2	12	
	Side squat		12	
2E	Tricep dips	2	15	
	High knees		30-60 seconds	
2F	Overhead dumbbell press	2	15	
	Jump squat		10	
2G	Dumbbell chest flyes	2	15	
	Crunches		20	
2H	Tricep push ups	2	15	
	Jumping jacks		30-60 seconds	
2I	Pendulum lunge	2	15 each leg	
	Donkey kicks		15 each leg	
3	Lying abdominal leg lifts	2	20	

Perform each circuit two times before moving on to the next. For example: perform circuit 1 twice then move immediately onto circuit 2A. Perform circuit 2A twice before moving on to 2B etc. Take rests when needed.