

BIKINI SHAPE-UP CIRCUIT

WITH WEIGHTS

Warm up with five minutes of light cardio. Grab a set of dumbbells, between five and 10 pounds, and perform each three-exercise circuit three times before moving to the next. Cool down with five minutes of stretching.

CIRCUIT 1



REVERSE LUNGE TO OVERHEAD PRESS

10 reps, each side



SIDE PLANK WITH REVERSE FLY

10 reps, each side



DUMBBELL SWING

20 reps

CIRCUIT 2



PLANK WITH ROW

10 reps, each side



DEEP SQUAT WITH OVERHEAD REACH

15 reps



WARRIOR 3 WITH TRICEPS KICKBACK

10 reps, each side

CIRCUIT 3



DEADLIFT WITH FRONT ROW

15 reps



V-SIT WITH SINGLE-ARM CHEST FLY

10 reps, each side



SPLIT SQUAT WITH BICEP CURL

10 reps, each side