



bikini
BODY
guide

free week
— OF —
workouts

kayla
.....
ITSINES
earn your body

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about the authors

Kayla Itsines

Director

The Bikini Body Training Company Pty Ltd

I began my study in 2008 at the Australian Institute of Fitness. Upon completing the AIF Master Trainer course, I began working at a female-only personal training centre in Adelaide, South Australia. Soon after, I started my own business called The Bikini Body Training Company Pty Ltd. and from there it began! After such an amazing response to my business in the first 6 months, I began to build an online presence via Instagram and Facebook that essentially became my blog. This is where I started to upload client transformations, healthy eating ideas and some training tips for all the women I couldn't reach around the world.

In 2012, I also teamed up with my partner's company, Fresh Fitness Solutions (founded in 2011), so we could run boot camps in order to service *more* women who wanted our help. It is now 2013 and we pride ourselves on our bikini body training, helpful nutrition guidelines and most importantly, continuing to help our clients achieve incredible, life changing results. Together, we hope to continue bringing life changing experiences to more and more women around the world! Including YOU!

about the authors

Tobi Pearce

Owner

Fresh Fitness Solutions

After winning my first Natural Bodybuilding competition in 2011 (WNBF Light-Heavyweight Division), I decided to study personal training at the Australian Institute of Fitness. This was a secondary study to a double degree in Business and Commerce I had recently been studying.

Competing in bodybuilding at a competitive level made me realise my underlying passion for the health and fitness industry. My transformation from the 60kg classical musician in high school to a 102kg bodybuilder was hugely motivating for not only myself, but as I soon learned, my clients and many others too. I used to be under the impression that success with sport, music and education were most valuable to me. The amount of knowledge I gained and applied to achieve my goals in natural bodybuilding became hugely beneficial when coaching my first few clients.

However, I quickly realised that the success of my clients was much more fulfilling and motivating than my own. As my passion for client results grew, I realised that together with my beautiful partner, Kayla Itsines, we could have a positive impact on more women's lives.

B.B.G. *overview*

Hello and welcome to my **free week of Bikini Body Workouts** just for you!

This is the first of several free educational and training eBooks to come. I hope you love it!

Inside this first min-eBook is one workout for important body parts; legs, abs and upper body.

Monday week 1 & 3

LEGS & CARDIO

- Jump squats
- Squats
- Walking lunges
- Knee ups
- X jumps
- Burpees
- Weighted step ups
- Medicine ball squat & press

CIRCUIT ONE		CIRCUIT TWO	
15 reps	Jump squats	16 reps	X Jumps (8 per leg)
15 reps	Squats	10 reps	Burpees
24 steps	Walking lunges (12 per leg)	24 reps	Weighted step ups (12 per leg)
24 reps	Knee ups (12 per leg)	15 reps	Medicine ball squat & press



HOW DO THE WORKOUTS WORK?

These workouts are broken into rounds of 7-minute circuits with 4 exercises in each.

The rep ranges for the exercises vary depending on the exercise and for each particular circuit. This means you will have 4 exercises to repeat within 7 minutes continuously. If you finish all four exercises before the 7 minutes is up, you keep doing them in the same order until you run out of time (this is how a circuit works). Do your best to exercise for the whole 7 minutes, only resting after the timer has gone off.

Each workout will consist of two different circuits which you will do two times each.

This in total means 4 x 7-minute rounds = 28 minutes. In between each circuit you can have 30-90 second rest as you need.

Drink water between rounds as you feel is necessary, but not too much, as this may make you feel sick.



WHAT WILL I NEED FOR THE CIRCUITS?

- You must be warmed up before starting
- Equipment (as used in the exercise photos)
- All exercises need to be read and understood
- A timer (I use my iphone)

**IE. BENCH,
MEDICINE BALL,
DUMBBELLS,
BOSU BALL,
STEPS**

NOTE: I recommend going for a 5-minute fast walk prior to training. Being warm helps to lubricate joints, keep muscles safe for exercise and decrease injury risk.

Due to the high intensity of this training, I do not recommend these workouts for absolute beginners. As stated on my website, these circuits are designed for people who have a very basic level of cardio fitness.

If you do not have this, it is not uncommon that your first few attempts may result in slight dizziness from this type training.

STOP: If you are a beginner and have purchased this book against my recommendation, please be sure to do 2-3 weeks of regular walking to build up a foundation of cardio fitness first.



leg WORKOUT

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workouts

Jump squats
Weighted walking lunges
Sumo squats
Weighted step ups

Scissor jumps
Bench jumps
Knee ups
Double bench squats

CIRCUIT ONE

15
reps
Jump squats



24
reps
Weighted walking lunges (12 per leg)



15
reps
Sumo squats



24
reps
Weighted step ups (12 per leg)



CIRCUIT TWO

24
reps
Scissor kicks (12 per leg)



12
reps
Bench jumps



24
reps
Knee ups (12 per leg)



15
reps
Double bench squats



arm WORKOUT

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Burpees
Push ups
Tricep dips
Plank

Weighted squat clean & press
Mountain climbers
Commandos
Split push ups

CIRCUIT ONE

10
reps
Burpees



15
reps
Push ups



20
reps
Tricep dips (with or without feet raised)



30
sec
Plank



CIRCUIT TWO

12
reps
Weighted squat clean & press



50
reps
Mountain climbers (25 each side)



24
reps
Commandos (12 each arm)



12
reps
Split push ups



ab WORKOUT

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Ab bikes
Weighted bent leg jackknives
Raised leg sit ups with twist
Sit ups

Mountain climbers
Leg raises on bench
Toe touches
Plank

CIRCUIT ONE

40
reps
Ab bikes (20 each side)



15
reps
Weighted bent leg jackknives



30
reps
Raised leg sit ups with twist (15 each)



20
reps
Sit ups



CIRCUIT TWO

40
reps
Mountain climbers (20 each side)



30
reps
Leg raises on bench



20
reps
Toe touches



30
sec
Plank



thanks

for downloading my

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To purchase my complete workout guide or its HELP partner guide (Healthy Eating & Lifestyle Plan), head over to my website. Start earning your bikini body today!

kayla x

\$69⁹⁷

102 pages



\$69⁹⁷

62 pages



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