



14-DAY

BIKINI BODY CHALLENGE

No equipment





PLAN INTRODUCTION

Aside from a healthy diet plan and lifestyle, performing additional exercises is a great way to maintain a perfect shape and achieve a bikini body. Every woman wishes to have a bikini body. Well, achieving your dream body doesn't just appear overnight, So the key to achieving a perfect figure is to start your daily workout routine and challenge yourself. The 14-day Bikini Body Challenge is the best way to start if you want to make a significant transformation toward your ideal body.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.



WORKOUT PLAN

1

20 Crunches
10 Obliques
10 Push-Ups
10 Pointed Butt Lifts
10 Squats
10 Mountain Climbers
00:30 Plank

2

25 Crunches
25 Obliques
10 Push-Ups
15 Pointed Butt Lifts
15 Squats
15 Mountain Climbers
00:30 Plank

3

30 Crunches
30 Obliques
15 Push-Ups
20 Pointed Butt Lifts
20 Squats
20 Mountain Climbers
00:40 Plank

4

35 Crunches
35 Obliques
15 Push-Ups
25 Pointed Butt Lifts
25 Squats
25 Mountain Climbers
00:40 Plank

5

40 Crunches
40 Obliques
20 Push-Ups
30 Pointed Butt Lifts
30 Squats
30 Mountain Climbers
00:50 Plank

6

45 Crunches
45 Obliques
20 Push-Ups
35 Pointed Butt Lifts
35 Squats
35 Mountain Climbers
00:50 Plank

7

REST

8

20 Crunches
10 Obliques
10 Push-Ups
10 Pointed Butt Lifts
10 Squats
10 Mountain Climbers
00:30 Plank

9

55 Crunches
55 Obliques
25 Push-Ups
45 Pointed Butt Lifts
45 Squats
45 Mountain Climbers
01:30 Plank

10

60 Crunches
60 Obliques
30 Push-Ups
50 Pointed Butt Lifts
50 Squats
50 Mountain Climbers
01:10 Plank

11

65 Crunches
65 Obliques
30 Push-Ups
55 Pointed Butt Lifts
55 Squats
55 Mountain Climbers
01:10 Plank

12

70 Crunches
70 Obliques
35 Push-Ups
60 Pointed Butt Lifts
60 Squats
60 Mountain Climbers
01:20 Plank

13

75 Crunches
75 Obliques
35 Push-Ups
65 Pointed Butt Lifts
65 Squats
65 Mountain Climbers
01:20 Plank

14

80 Crunches
80 Obliques
40 Push-Ups
70 Pointed Butt Lifts
70 Squats
70 Mountain Climbers
01:30 Plank



Crunches

1. Lean back and lie down. Your feet should be placed on the ground hip-width apart. Kneel and cross your arms over your chest. Inhale while tightening your abs.
2. Exhale and raise your upper body while maintaining a relaxed neck and head.
3. After taking a breath, reset your position.



Obliques

1. Stand tall with your feet shoulder-width apart. Place your right hand on your hip and raise the left arm.
2. Incline your body to the right until you feel a stretch in the obliques.
3. Hold the stretch for 20 to 30 seconds and then repeat on the other side.



Push-Ups

1. Get on all fours and spread your hands slightly wider than your shoulders.
2. Extend your arms and legs.
3. Reduce your body weight until your chest almost touches the floor.
4. Pause for a moment, then push yourself back up, and repeat.



Pointed Butt Lifts

1. Get down on your hands and knees.
2. Raise your left leg so that your left thigh is parallel to the ground and your toes are pointed straight up.
3. Next, raise your left leg as high as possible so you feel a nice tight stretch in your butt.
4. Lower back down to starting position. This completes one rep.



Squats

1. Stand tall with your feet hip-width apart.
2. Tighten your abdominal muscles.
3. Lower yourself as if sitting in an invisible chair.
4. To get back up, straighten your legs.
4. Repeat the motion.



Mountain Climbers

1. Begin by keeping your body straight and your hands slightly wider than shoulder-width apart.
2. Bring one knee up toward your stomach, then quickly alternate between legs.
3. Continue to alternate until the set is finished.



Plank

1. Take a push-up position, but bend your arms at the elbows so your forearms support your weight.
2. Tighten your abs, clench your glutes, and maintain a straight body from head to heels.
3. Hold on for as long as you can.



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