

Bikini **Belly** ***Forever***

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Super Slim Belly Series



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.

500 Rep Trouble Spot Challenge

This is a timed set. Rest as little as possible between exercises; record your time and beat your time the next time you do this workout.

Equipment: Timer

Exercises:

- Narrow-Stance Bodyweight Squats - 25 reps
- Pushups - 15 reps
- Wide-Stance Bodyweight Squats - 25 reps
- Cross body mountain climbers - 15 reps per side

Rest as little as possible between exercises

*Repeat this circuit for 4 rounds

Then do:

- Full Body Extension - 25 reps
- Wall sit with stick up - 10 reps
- Get ups – 5 per arm (10 total)

Rest as little as possible between exercises

*Repeat for 4 rounds

Total = 500 reps.

What was your time?

Training Variation:

Do timed sets of the above exercises, 30/10 for five rounds.

Bonus Workout: 600 Rep Trouble Spot Workout

This is a timed set, rest as little as possible.

*There are lots of exercises here so it's important to review the video/exercise descriptions and have a print out right beside you while training so you don't take extra rest.

Equipment: Timer

Exercises: Time yourself doing 20 reps of these 10 exercises for 3 rounds

1. Bodyweight squat
2. Reverse hip lift knee up
3. Reverse hip lift knee up other side
4. Squat jump
5. Fire hydrant lift
6. Fire hydrant lift other side
7. Skater – R/L counts as one rep
8. Plank with alternate heel pulse
9. Box jump

Training Variation: Use a timer. Set it for 30 seconds of work with a 10 second transition for 30 sets. For this variation, take a 30 second break between rounds. Do 3 rounds.