

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



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**My Bikini Belly For Beginners**

## 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.

## Welcome to the My Bikini Belly Beginner

You've made the right choice and you're in good company in the *My Bikini Belly Forever Club*.

If the main program was a challenge for you, this is where to begin.

In fact, I've included BONUS workouts from my 20 Minute Anti-Aging Solution for Her program. These are an even better fit for you if the My Bikini Belly workouts were difficult.

Start with the [20 Minute Anti-Aging Solution](#) workouts A, B and C. Throw in the Pilates Core Finisher as well. Do these for 3 weeks, then move onto the beginner workouts in this series.

You'll see that the workouts is simple and easy to follow.

You'll find a flash, burn and blast workout in the beginner series. The synergy of each workout will help you banish your menopause belly *forever*.

Feel free to use workouts to lead up to the My Bikini Belly program – ***but don't over do it.***

Workout length should be limited to 30 minutes or less. You will get results when you train 3-4 times per week. If you want to accelerate your progress (and since the workouts are short) you can increase your training days to up to 6 workouts per week, but make sure to take a day of active rest.

Remember that LONG workouts are counter-productive and will only contribute to your menopause belly.

With any of the My Bikini Belly workouts, remember this mantra:

***Exercise QUALITY trumps QUANTITY!***

Exercise FORM is important. Do your best with each exercise. Feel free to modify should your form start to fall apart. The goal of the

program is to make progress and this can't happen if you're injured, so *listen to your body*.

**Take rest when necessary.**

Make time to follow a simple warm up and cool down (see the My Bikini Belly videos as reference, an alternative warm up is included below).

Enjoy the workouts and make sure to keep posting on our Facebook page!

Warm up – This should take about 2 minutes:

- 5 arm circles forward□
- 5 arm circles backward□
- 5 bodyweight squats
- 5 kneeling push ups
- Downward dog hold
- 5 jumping jacks□or step jacks
- Repeat

**\*For each workout, watch the coaching videos for more detailed instructions. As a beginner, your best chance for success is to do the follow along videos.**

Listen to your body.

Muscle aches are to be expected, joint pain is NOT.

Go easy in the beginning especially. Give your body time to catch up to your mind's enthusiasm.

You can do this, I believe in you.

## 20 Minute Anti-Aging Solution For Her Workout A

**Equipment:** Bodyweight, Bench

**Duration:** Allow for 25 minutes including warm-up

<b>30 seconds of work - 15 seconds transition.</b>
Incline T Rotations
Alternating Lateral Lunges
Incline Pushups
Jumping/Stepping Jacks
Prisoner/Cossack Squats
Total Body Extensions
Side Plank Left
Side Plank Right
Elbow Plank
<b>Rest up to 60 seconds at end of circuit and repeat 2 more times.</b>

**Finish with a cool down and stretch.**

## 20 Minute Anti-Aging Solution For Her **Workout B**

**Equipment:** Bodyweight, Bench, Timer

**Duration:** Allow for 25 minutes including warm-up

<b>Set your timer for 20 seconds of work with 10 seconds rest. Work through all exercises taking no additional rest until end of circuit.</b>
BW Squats
Incline Squat Thrusts
Split Squat Left
Split Squat Right
Run/March on the Spot
Incline Pushups
Total Body Extensions
Squat and Squeeze Back
Skater Hops
Wall Sit and Stick Ups
Jumping/Stepping Jacks
<b>Rest 60 seconds and repeat up to 2 more times for a total of 3 rounds.</b>

**Optional: Complete the Pilates Core Finisher  
Finish with a cool down and stretch.**

## 20 Minute Anti-Aging Solution For Her Workout C

**Equipment:** Bodyweight, Bench, Timer, Step  
**Duration:** Allow for 25 minutes including warm-up

<b>Set your timer for 20 seconds of work with 10 seconds rest. Complete required number of sets before moving onto next exercise.</b>
BW Squats x 8 rounds
Incline Push ups x 4 rounds
Incline Elbow Plank x 2 rounds
Rest 30 seconds
Total Body Extensions x 8 rounds
Prisoner/Cossack Squats x 4 rounds
Incline Cross Body Mountain Climbers x 2 rounds
Rest 30 seconds
Running Step Ups (alt lead leg each round) x 8 rounds
BW rows x 4 rounds
Incline Slow Mountain Climbers x 2 rounds

**Optional: Complete the Pilates Core Finisher  
Finish with a cool down and stretch.**

## 20 Minute Anti-Aging Solution For Her Pilates Core Finisher

**Aim to complete 60 seconds of each movement – your goal should be quality not quantity. If you feel benefit then do more reps if you want. If it feels too hard, then do fewer reps.**

Lying Alternating Knee to Chest Extensions

Elbow Plank – up to 30 seconds

Side Lying Clams Right

Side Lying Clams Left

Chest Openers Right

Chest Openers Left

# My Bikini Belly Beginner Workout #1

## Full Body FLUSH

Start with the warm up.

\*This workout can be either a timed set or you can count reps if you have no timer.

### **Beginners** 14 min

- Do 25 seconds of work with a 15 second rest OR 8 reps of each
- Do 3 rounds
- Rest as needed between rounds

### **Intermediate** 14 min

- Do 30 seconds of work with a 10 second rest OR 10 reps of each
- Do 3 rounds
- Rest as needed between rounds

### **Advanced** 18 min

- Do 40 seconds of work with a 10 second rest OR 12 reps of each
- Do 3 rounds
- Rest as little as possible between rounds.

These are the exercises from most modified to more advanced:

- Modified push up => push up => Triple stop push up
- Squat => Prisoner squat => Prisoner 1.5 rep squat
- Modified plank => Plank => Plank alternate leg lift
- Full body extension => Burpee walk out => Burpee
- Modified plank => Plank => Get up
- Wall sit => Wall sit stick up
- Skater step => Skater with jump

End with a 3-5 minute cool down.

## My Bikini Belly Beginner Workout #2

### BURN It Up

Start with the warm up.

#### Set 1 – Squat Medley AMRAP

Set your timer for 2 minutes

- 3 squats
- 3 ½ squats
- 3 pulsing squats
- 3 squat jumps

Repeat as many times as possible – rest when needed

#### Set 2 – Push Up - Back Medley AMRAP

Set your timer for 2 minutes

- 3 push ups
- 3 supermans
- 3 breast strokes

Repeat as many times as possible – rest when needed

#### Set 3 –Glute Medley AMRAP

Set your timer for 2 minutes

- single leg glute bridge 5 reps
- other leg glute bridge 5 reps
- 10 shoe touches

Repeat as many times as possible – rest when needed

Repeat all sets 1-3.

\*More advanced? Do a 3<sup>rd</sup> round.

## My Bikini Belly Beginner Workout #3 It's a BLAST

Start with the warm up.

### Set 1

Set your timer for 45 sec work/15 sec rest

- burpees or alternative (full body extension or burpee walk out)
- wall sit stick ups (or just stick ups)
- plank (advanced: alternate leg lift)

Rest up to one minute

### Set 2

Set your timer for 45 sec work/15 sec rest

- skater step or skater hops
- mountain climber (beginners can do this on an incline)
- plank (advanced: get up)

Rest up to one minute

### Set 3

Set your timer for 45 sec work/15 sec rest

- squat with hands extended overhead
- squat jump or full body extension
- plank (advanced: bodyweight renegade row)

Rest up to one minute

Repeat all three sets with 30 seconds work/15 seconds rest timing