

LOOVA **FIT**

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**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

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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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