

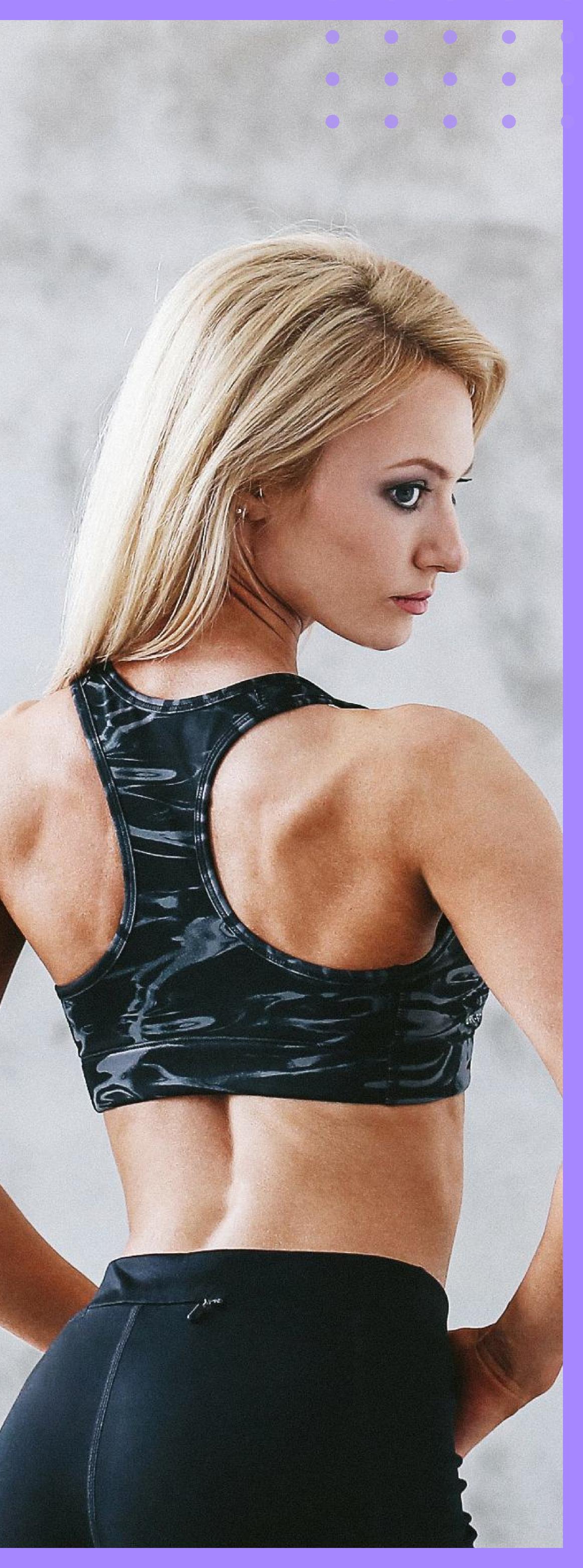




PLAN INTRODUCTION

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

20 Crunches 10 Obliques 10 Push-Ups 10 Pointed Butt Lif 10 Squats 10 Mountain Climb 00:30 Plank

6

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

65 Crunches 65 Obliques 30 Push-Ups 55 Pointed Butt Lif 55 Squats 55 Mountain Clim

01:10 Plank

	2	3
	25 Crunches	30 C
	25 Obliques	30 C
	10 Push-Ups	15 P
ifts	15 Pointed Butt Lifts	20 P
	15 Squats	20 S
bers	15 Mountain Climbers	20 N
	00:30 Plank	00:40
	7	8
		20 C
	REST	10 O
	KEJI	10 P
ifts		10 P
		10 Se
bers		10 M
		00:30
	12	13
	70 Crunches	75 C
	70 Obliques	75 C
	35 Push-Ups	35 P
ifts	60 Pointed Butt Lifts	65 P
,	60 Squats	65 S
bers	60 Mountain Climbers	65 M
	01:20 Plank	01:20

Crunches Obliques Push-Ups Pointed Bu Squats Mountain Climbers in Plank

Crunches Obliques Push-Ups Pointed Bu quats Mountain Climbers 30 Plank

Crunches Obliques Push-Ups Pointed Butt Lifts Squats *Aountain Climbers*) 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

30 Squats 00:50 Plank

9

utt	Lifts

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

14

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

(10)

60 Crunches 60 Obliques 30 Push-Ups 50 Squats 01:10 Plank



LOOVA FIT

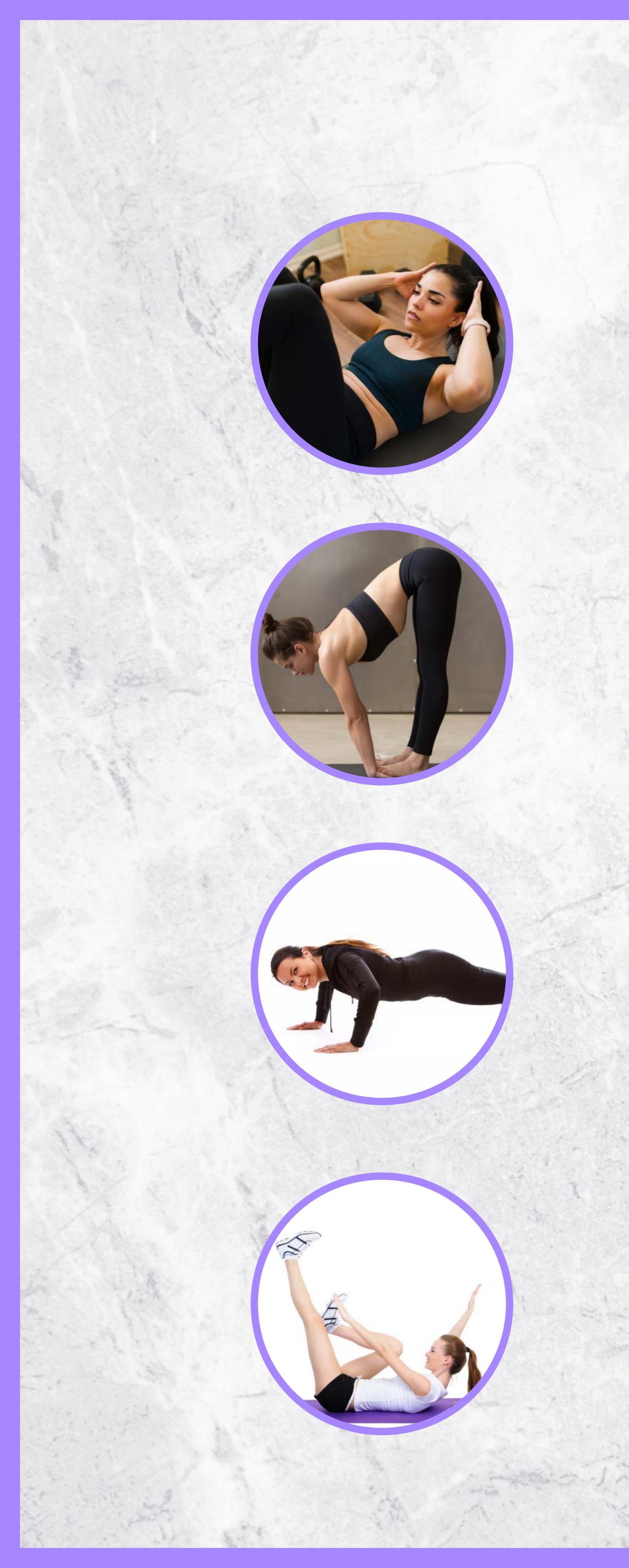
Powered by Gomobee

20 Push-Ups 30 Pointed Butt Lifts 30 Mountain Climbers

50 Pointed Butt Lifts 50 Mountain Climbers







Crunches

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.
Exhale and raise your upper body while maintaining a relaxed neck and head.
After taking a breath, reset your position.

Obliques

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

Push-Ups

2.

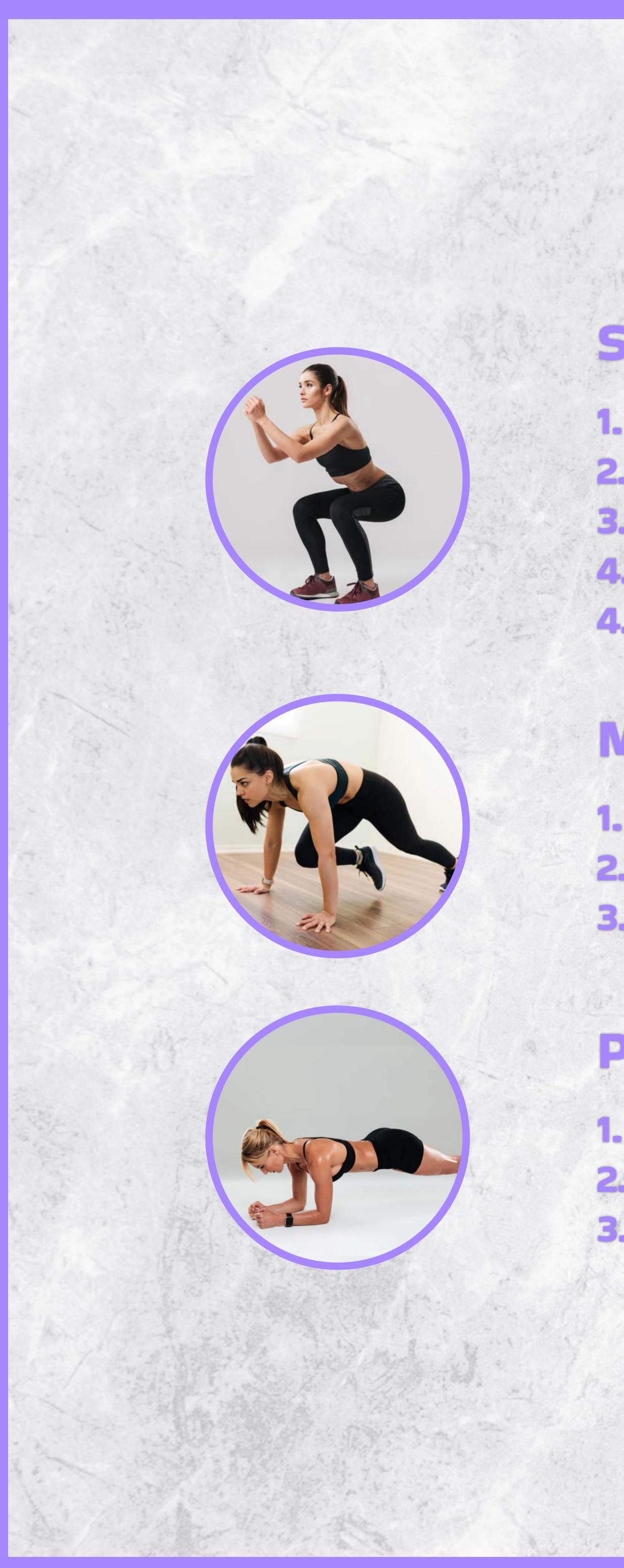
Get on all fours and spread your hands slightly wider than your shoulders. Extend your arms and legs. Reduce your body weight until your chest almost touches the floor. Pause for a moment, then push yourself back up, and repeat.

Pointed Butt Lifts

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

LOOVA FIT

Powered by Gomobee



Squats

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

Mountain Climbers

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

Plank

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

LOOVA FIT

Powered by Gomobee

Find more workout plans on LOOVAFIT



