



bikini fitness

High Rep Fat Burner Workout

- **3 Day Split:** Lower Body, Upper Body, Full Body
- **Method:** 3 sets of 10-12 reps, unless otherwise indicated

Upper Body

		Week 1	Week 2	Week 3	Week 4
Superset	Push-Ups 2 Sets x15				
	Lateral Raise				
	DB Bench Press				
Superset	Cable Low Rows				
	Back Extensions				
Superset	Tricep Extensions				
	Bicep Curls				
	Elbow to Knee Crunches				

Lower Body

		Week 1	Week 2	Week 3	Week 4
Superset	Squat Jumps 2 Sets x15				
	Back Squats 5 Sets x5				
	Cleans				
	Plie Squats				
	Leg Press				
Superset	Lying Leg Curl				
	Leg Extensions				
	Calf Raises				
	Clam Crunches				

Full Body

	Week 1	Week 2	Week 3	Week 4
One Legged Bridge 2 Sets x15				
Push Press				
Deadlift				
Bent-Over Barbell Row				
Wide Grip Lat Pulldown				
Good Mornings				
Dumbbell Rear Lunges				