



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 | x15 | x15 | x15 | x16 | | | | |
| | 2 Sets x15 | x12 | x12 | x12 | x15 | | | | |
| | Lateral Raise | 12lb x 12 15lb x 11 15lb x 12 | 15lb x 12 15lb x 12 15lb x 12 | 15lb x 8 15lb x 9 15lb x 9 | 15lb x 12 15lb x 12 15lb x 12 | | | | |
| Superset | DB Bench Press | 35lb x 12 40lb x 12 40lb x 10 | 40lb x 12 40lb x 12 40lb x 9 | 40lb x 11 40lb x 10 40lb x 8 | 40lb x 12 45lb x 10 45lb x 8 | | | | |
| | | Superset | Cable Low Rows | 90lb x 15 120lb x 11 120lb x 12 | 120lb x 12 120lb x 11 120lb x 12 | 120lb x 12 120lb x 12 120lb x 10 | 120lb x 9 120lb x 9 120lb x 9 | | |
| | | | | Superset | Back Extensions | x12 x12 x12 | x12 x12 x12 | x12 x12 x12 | x12 x12 x12 |
| | | | | | | Superset | Tricep Extensions | 30lb x 12 35lb x 12 40lb x 12 | 40lb x 12 40lb x 12 40lb x 12 |
| Superset | Dumbbell Bicep Curls | 20lb x 12 20lb x 12 20lb x 12 | 20lb x 12 20lb x 12 20lb x 12 | 20lb x 12 20lb x 13 20lb x 12 | 25lb x 10 25lb x 10 30lb x 5 | | | | |
| | | Superset | Elbow to Knee Crunches | x12 x12 x12 | x12 x12 x12 | | | x12 x12 x12 | x15 x15 x15 |

Lower Body

| | | Week 1 | Week 2 | Week 3 | Week 4 | | | |
|----------|-------------|-------------------------------------|-------------------------------------|--|-------------------------------------|--|--|--|
| Superset | Squat Jumps | x15 | x15 | x15 | x15 | | | |
| | 2 Sets x15 | x12 | x15 | x15 | x15 | | | |
| | Superset | Back Squats | 150lb x 5 150lb x 5 150lb x 4 | 150lb x 5 150lb x 5 150lb x 5 | 150lb x 5 150lb x 4 150lb x 4 | 115lb x 5 150lb x 5 150lb x 4 | | |
| | | | Superset | Cleans | 150lb x 3 150lb x 3 | 150lb x 4 150lb x 5 | 115lb x 5 115lb x 4 | 150lb x 4 150lb x 5 |
| | | | | | Superset | Plie Squats | 45lb x 12 45lb x 12 45lb x 12 | 45lb x 12 45lb x 12 45lb x 12 |
| Superset | Leg Press | 75lb x 12 75lb x 12 85lb x 12 | 85lb x 12 85lb x 12 85lb x 12 | 85lb x 12 85lb x 12 85lb x 12 | | | 85lb x 12 85lb x 12 85lb x 12 | |
| | | Superset | Lying Leg Curl | 270lb x 12 270lb x 12 315lb x 10 | | | 315lb x 10 315lb x 10 315lb x 10 | 315lb x 12 315lb x 11 315lb x 10 |
| | | | | Superset | Leg Extensions | 60lb x 12 60lb x 12 60lb x 12 | 60lb x 12 60lb x 12 60lb x 12 | 60lb x 12 60lb x 12 60lb x 12 |
| Superset | Calf Raises | | | | | 90lb x 12 90lb x 12 90lb x 12 | 95lb x 12 95lb x 12 100lb x 12 | 90lb x 12 95lb x 12 95lb x 10 |
| | | Superset | Clam Crunches | | | 200lb x 10 200lb x 10 200lb x 10 | 200lb x 12 200lb x 12 200lb x 12 | |
| | | | | Superset | Clam Crunches | x12 x12 x12 | x12 x12 x12 | x15 x15 x12 |

Full Body

| | Week 1 | Week 2 | Week 3 | Week 4 | |
|------------------------|-------------------------------------|-------------------------------------|--|---|--|
| One Legged Bridge | x15 | x15 | x20 | | |
| | 2 Sets x15 | x15 | x20 | | |
| Push Press | 35lb x 12 45lb x 12 50lb x 12 | 50lb x 12 55lb x 12 60lb x 12 | 60lb x 12 60lb x 12 60lb x 12 | 60lb x 12 60lb x 12 60lb x 12 | |
| | Deadlift | 135lb x 5 95lb x 12 95lb x 12 | 95lb x 12 115lb x 12 125lb x 10 | 115lb x 8 115lb x 10 115lb x 10 | 115lb x 11 115lb x 11 115lb x 10 |
| | | Bent-Over Barbell Row | 60lb x 12 60lb x 12 60lb x 12 | 65lb x 15 75lb x 11 75lb x 12 | 75lb x 12 75lb x 10 75lb x 10 |
| Wide Grip Lat Pulldown | | | 9plates x 12 10plates x 12 11plates x 12 | 11plates x 12 12plates x 10 12plates x 11 | 12plates x 10 12plates x 11 12plates x 9 |
| | Good Mornings | | 65lb x 12 65lb x 12 65lb x 12 | 70lb x 12 70lb x 10 70lb x 11 | 70lb x 12 70lb x 12 70lb x 12 |
| | | Dumbbell Rear Lunges | 20lb x 12 25lb x 12 25lb x 12 | 25lb x 12 25lb x 12 25lb x 12 | |