

BIKINI BODY CIRCUIT

BLASTER

REPS	EXERCISE
10-10	LUNGE STEP-UP INTO SQUAT
10-10	1 ARM CHEST FLY ON FITBALL
10-10	SIDE LUNGES
10-10	1 ARM ROW ON FITBALL
20	SQUAT W/ALTERNATING FRONT RAISE
10	SQUAT JUMP W/STABILISATION
BOX WORK-NO HIGHER THAN 2 STEPS	
20	BOX TOE TAPS (LEFT LEG LEAD)
20	BOX TOE TAPS (RIGHT LEG LEAD)
20	BOX JUMP UPS

1 minute effort on each exercise
followed by 10 seconds rest
Repeat for 3 rounds