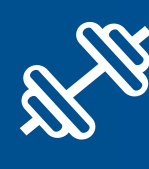




THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



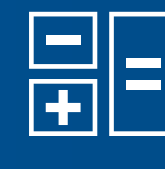
Diet Plans



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BIKINI READY WORKOUT 8 WEEK WORKOUT FOR WOMEN

Get ready for the warmer weather with this 8 week bikini ready workout! This workout combines compound & isolation exercises to help you shape your muscles!

Link to Workout: <https://www.muscleandstrength.com/workouts/bikini-ready-8-week-womens-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 7 Days

Time Per Workout: 45-70 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Target Gender: Female

Author: [M&S Team](#)

Bikini Workout 1

Exercise	Sets	Reps
T Bar Row	3	10
Seated Cable Row	3	10
Lat Pull Down	3	10
Shoulder Press	3	10
Push Up	3	10
Dumbbell Curl	3	10

Bikini Workout 2

Exercise	Sets	Reps
Barbell Squat	3	10
Leg Press	3	10
Romanian Deadlift	3	10
Leg Curl	3	10
Standing Calf Raise	3	10

Bikini Workout 3

Exercise	Sets	Reps
Dumbbell Bench Press	3	10
Machine Chest Press	3	10
Lateral Raises	3	10
Rear Delt Fly	3	10
Close Grip Pull Down	3	10
Tricep Cable Extension	3	10

Bikini Workout 4

Exercise	Sets	Reps
Sumo Deadlift	3	10
Hip Thrust	3	10
Barbell Reverse Lunge	3	10
Goblet Squat	3	10
Standing Calf Raise	3	10

Off Days from Gym

Exercise	Sets	Reps
Plank	3	1 Min
Oblique Crunch	3	15 Each
Reverse Crunch	3	15
Crunch	3	15
Bicycle Crunch	3	15 Each
Glute Bridge	3	15
Frog Pump	3	15
Fire Hydrant	3	15 Each
Glute Kick Back	3	15 Each