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Workouts



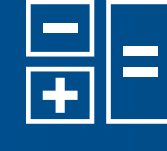
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JEN JEWELL'S SUMMER COUNTDOWN: BURN FAT & BUILD A BIKINI BOOTY

The time to sculpt your summer body is now! Get lean, healthy, and strong with Jen Jewell's Summer Countdown Workout that combines strength training with cardio bursts for maximum fat loss. Workout sequencing is up to you!

Link to Workout: <https://www.muscleanstrength.com/workouts/jen-jewell-summer-countdown>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 4 Weeks

Days Per Week: 4 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Exercise Ball

Author: Jen Jewell

Cardio & Strength Training Circuit

Exercise	Sets	Reps
Part 1: Cardio		
Mountain Climbers (Keep Abs Tight)	3 - 4	30 Secs
Reverse Lunges w/ Dumbbell or Barbell	3 - 4	15
Plank Holds	3 - 4	15 Secs Middle, 10 Secs Right, 10 Secs Left
Overhead Triceps Press w/ Dumbbell	3 - 4	15
Frog Leaps*	3 - 4	10
Plie Squats	3 - 4	15
Jump Rope	3 - 4	30 Secs
Part 2: Strength Training		
Plank Up / Downs (Keep Abs Tight)	3 - 4	30 Secs
Biceps Curl to Shoulder Press **	3 - 4	15
Plank Punches (Alternating Arms)	3 - 4	15 Each Arm
Side Lunges w/ Forward Press or Punch (Light Weights are Fine)	3 - 4	12 - 15 Each Side
Hip Thrusters on a Bench or Exercise Ball	3 - 4	15
Burpees	3 - 4	15

Perform this circuit 2 or 3 days a week. Allow a day of rest between workouts. *Frog Leaps: Squat low in a wide stance, quickly tap the ground with your hands, and frog leap forward. You can turn around & leap back & forth if space is limited. **Biceps Curl to Shoulder Press: Perform a standing bicep curl & shoulder press up. Lower weights & repeat.

Bikini Booty Workout

Exercise	Sets	Reps
Superset		
Barbell Sumo Squat	3 - 4	15
Jump Rope	3 - 4	1 Min
Superset		
Sumo Deadlifts	3 - 4	15
Plie Jump Squats (Hold a dumbbell in each hand)	3 - 4	15
Superset		
Curtsy Lunges w/ Dumbbell or Barbell	3 - 4	12 Each Leg
Step - Ups w/ Dumbbell or Barbell	3 - 4	12 Each Leg
Superset		
Dumbbell Walking Lunges	3 - 4	30 Secs
Glute Cable Kickbacks	3 - 4	15 Each Leg
Single Leg Glute Bridge w/ Exercise Ball	3	15 Each Leg

Perform this workout one day each week. Warm up w/ 10 Mins on step mill or stair stepper: 5 Mins moderate pace & 5 Mins of intervals (30 Secs moderate intensity, 30 Secs higher intensity.) Repeat for 5 minutes before starting the Bikini Booty Workout.

Abs

Exercise	Reps
Reverse Crunches (on Bench or Decline Bench)	20 - 30
Hanging Knee Raises	25
Hanging Knee Raises w/ Oblique Twist (Tilt Hips to Side)	15 Each Side
Ball Knee Tucks or Pikes on Exercise Ball	15 - 20
Knee Tucks w/ Oblique Twist on Exercise Ball	15 Each Side
Knee Tucks w/ Feet in TRX Straps, Hands in Plank Position	15 - 20
TRX Mountain Climbers	30 Secs
Plank Holds	30 Secs
Side Plank Holds (Either on Forearms or Fully Extended)	30 Secs Each Side

Train Abs 3 days per week. This can be done after the Cardio Circuit or Bikini Booty workout. Select 3 exercises & perform 3 - 4 sets each. Alternate exercises from one workout to the next.