

BIKINI BODY COMPLEX

30 minutes

Start this full body workout with a thorough warm up and finish with a set of static stretches. Repeat this circuit 3 times and rest for 60 seconds between sets.



+



S P O T E B I . C O M



60"

dumbbell swing

45"

chest press punch up



60"

dumbbell thrusters

30" + 30"

dumbbell side bend



30" + 30"

split squat press

45"

toe touch



60"

bear squat

45"

chest fly



45"

romanian deadlift

60"

shoulder to shoulder press



Workout Guide Bikini

Richard Bailey

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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