



## **Swimsuit-Ready in 20 Days: Phase 2 Exercises**

### **WORKOUT 1:**

#### Skater Lunge

1. Step backwards across your body and drop your back knee down.
2. To keep stability of front leg, keep weight on the arch and the heel of your leading foot. Free- no equipment needed.
3. Repeat 20x on each side.

#### Dumbbell pullover

1. Lay on back (on yoga mat if you have one), cupping the head of a dumbbell or a bar w/ palms up.
2. Reach back as far as you can w/ your arms semi-straight. Feel the stretch through the sides of your back.
3. Draw the weight back above your breastbone.
4. Repeat 20x on each side.

#### Superman

1. Lie prone on your belly (on a yoga mat if you have one.)
2. Lift arms and legs off ground, hold for 2-3 seconds and release.
3. Repeat 20x

### **WORKOUT 2:**

#### Shoulder Press Curl

1. Hold weight in hands. Curl the weight up to shoulders.
2. Press weights up to ceiling.
3. Return in opposite order.
4. Repeat 20x on each side.

#### Lying Dumbbell Tricep Extensions (just need mat!)

1. Lower dumbbells by bending elbow until they are to sides of head.
2. Extend arm.
3. Repeat 20x

#### Side Plank

1. Lie on your side with your right hand on the ground or use an exercise mat.
2. For beginners, it is recommended to begin this exercise on your elbow.
3. Lift yourself up to form a plank with your right arm straight and your left arm on your side.
4. Hold.
5. Repeat 20x

### **WORKOUT 3:**

### Bent over reverse fly

1. Stand up so that your butt is sticking out slightly giving you a slightly bent appearance.
2. Your back should be straight, from your neck to your hips.
3. With your hands at your side, holding dumbbells, raise them up at a regular speed so that your elbows are parallel to your shoulders.
4. Your wrists should be limp and lower than your shoulder.
5. Slowly lower your hands back to your waist
- 6.. Repeat 20x.

### Prone Hamstrings Curl

1. Lie down on your stomach, with your legs resting on the ground or yoga mat.
2. Your arms should be propping up your upper body but the rest of your body can remain lying on the ground.
3. Bending your knee, raise your leg towards your midsection, hold and then lower back down.
4. Repeat 20x with other leg.

### Plank

1. Facing the ground, bend your arms so that your elbows are perpendicular to your shoulder and your forearm is parallel to the ground.
2. Your fists, still propping up your body, should meet directly below your forehead, in a V-shape.
3. The toes of your shoes should be held against the ground too so that only your arms and feet are propping up your body.
4. Hold for 30 seconds, release.
5. Repeat 20x.