



# BIKINI BODY TONE UP

PRINTABLE WORKOUT

**Jump Squat**



**Dumbbell Bench Press**



**Barbell Step-up**



**Bent Over Barbell Row**



**Dumbbell Deadlift**



**Dumbbell Shoulder Press**



**Standing Dumbbell Curl**



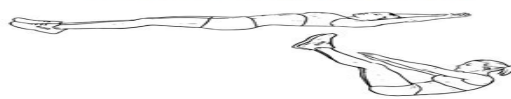
**Cable Rope Overhead Triceps Extension**



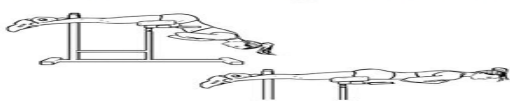
**Dumbbell Lateral Raise (Power Partial)**



**Jackknife Sit-up / Crunch**



**Back Extensions / Hyperextensions**



**Plank**

