



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



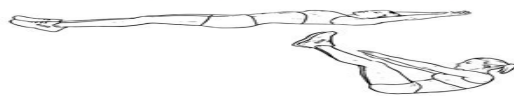
Cable Rope Overhead Triceps Extension



Dumbbell Lateral Raise (Power Partial)



Jackknife Sit-up / Crunch



Back Extensions / Hyperextensions



Plank

