

DO - ANYWHERE BIKINI CIRCUIT

Warm up with five minutes of light cardio, then repeat each three-exercise circuit three times. Cool down with five minutes of stretching.

CIRCUIT 1



**SQUAT WITH
SIDE LEG LIFT**
20 reps, alt. sides



**DOWN DOG
ABS**
10 reps, each side



**ELBOW PLANK
WITH TWIST**
10 reps, each side

CIRCUIT 2



**BEACH BABE
PUSH-UP**
5 reps, each side



**TWISTED MOUNTAIN
CLIMBER**
20 reps, alt. sides



**BULGARIAN
SPLIT SQUAT**
15 reps, each side

CIRCUIT 3



**SUPERWOMAN
PUSH-UP**
10 reps



**BUTTERFLY
CRUNCH**
15 reps



**MARCHING
BRIDGE**
20 reps, alt. sides