**POPSUGAR** 

## 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

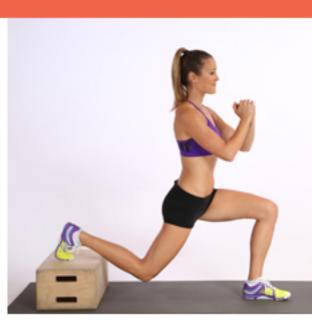
DOWN DOG ABS 10 reps, each side

**ELBOW PLANK** WITH TWIST

10 reps, each side







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

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

**SPLIT SQUAT** 15 reps, each side

BULGARIAN

## CIRCUIT 3







SUPERWOMAN PUSH-UP

10 reps

BUTTERFLY CRUNCH

15 reps

BRIDGE 20 reps, alt. sides

MARCHING