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MY  
BIKINI  
BELLY  
SAMPLE  
WORKOUT

— *Shawna Kaminski* —

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Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First! You will only get positive results from this program if you are performing the exercises correctly.

Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

## Welcome to a Taste of My Bikini Belly

You're an action taker I can just tell! I'm so happy that you've reached out to get this bonus workout.

This is a simple to follow workout sample similar in nature to those that you'll find in my signature program found at [www.MyBikiniBelly.com](http://www.MyBikiniBelly.com).

One difference is that you'll just see me instructing you in this workout video. In the actual program videos, you'll find a beginner, intermediate and advanced exercise model to follow along to.

You'll also find a detailed workout plan so that you can find the exact fit for your fitness level.

Make sure that you ***don't over do it***. This workout will take less than 25 minutes, even if you do the advanced version.

Remember that LONG workouts are counter-productive and will only contribute to your menopause belly.

With any of the My Bikini Belly workouts, remember this mantra:  
***Exercise QUALITY trumps QUANTITY!***

Exercise FORM is important. Do your best with each exercise. Feel free to modify should your form start to fall apart. The goal of the program is to make progress and this can't happen if you're injured, *so listen to your body.*

Take a rest when necessary.

Make time to follow a simple warm up and cool down.

You'll find the workout description next.

# My Bikini Belly Full Body Sampler Workout

## Warm up

This should take about 2 minutes:

- 5 arm circles forward
- 5 arm circles backward
- 5 bodyweight squats
- 5 kneeling push ups
- Downward dog hold
- 5 jumping jacks or step jacks
- Repeat once more

## Workout

These are the exercises from most modified to more advanced. Watch the instructional video for tips on how to do each move:

- Modified push up → push up → Triple stop push up
- Squat → Prisoner squat → Prisoner 1.5 rep squat
- Modified plank → Plank → Plank alternate leg lift
- Full body extension → Burpee walk-out → Burpee
- Modified plank → Plank → Get up
- Wall sit → Wall sit stick up
- Skater step → Skater with jump

End with a 3-5 minute cool down of gentle stretches.

## **Timing for YOUR Fitness Level:**

### **Beginner Workout 14 min**

- Do 25 seconds of work with a 15 second rest OR 8 reps of each
- Do 3 rounds
- Rest as needed between rounds

### **Intermediate Workout 14 min**

- Do 30 seconds of work with a 10 second rest OR 10 reps of each
- Do 3 rounds
- Rest as needed between rounds

### **Advanced Workout 18 min**

- Do 40 seconds of work with a 10 second rest OR 12 reps of each
- Do 3 rounds
- Rest as little as possible between rounds.

## **Phase 1 – Super Sculpt B**

**Round 1 Timed Set** – Do the following exercises for 20 seconds with 5 seconds transition:

- Reverse lunge
- Bikini Belly crawl
- Bikini Belly lift
- Bikini Belly side hold
- Bikini Belly side hold
- Bikini Belly extension
- Reverse lunge
- Bikini Belly crawl
- Bikini Belly lift
- Bikini Belly side hold
- Bikini Belly side hold
- Bikini Belly extension

Have fun with the workouts!

Want more?

Of course you do!

Check out [www.MyBikiniBelly.com](http://www.MyBikiniBelly.com) for full-length follow along workouts.

### **Just a reminder...**

It's time to BREAK OLD HABITS.

You can read this workout, even do this workout once or twice, but unless you change your habits, nothing really changes.

I want to challenge you to be an action taker and do what only about 5% of the population will do, and that is to FOLLOW THROUGH.

Set yourself up for success by getting the direction and support that you need to really make lasting changes.

While doing this workout once or twice is helpful, over the long run it's fairly useless in helping you meet your goals LONG TERM.

I'm sorry I'm just being honest – my workouts are fantastic, but just one fantastic workout won't get you to your long-term goals.

But I have the solution for you.

I have all the tools you need to break your old habits. With this solution you'll be successful with LASTING results so you look and feel your best.

But unless you investigate and invest in yourself NOW, you'll likely just slide back into your old habits.

My immediate advice?

Take your fitness and fat loss efforts to the next level.

Apply for the Shawna247 coaching program. See if you're a good fit and if you are, I'll guarantee your results when you follow the plan.

The time is NOW: <http://Get.Shawna247.com>