



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



Tone It Up Plan

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