



BIKINI BODY TONE UP

PRINTABLE WORKOUT

Jump Squat



Barbell Step-up



Dumbbell Deadlift



Standing Dumbbell Curl



Dumbbell Lateral Raise (Power Partial)



Back Extensions / Hyperextensions



Dumbbell Bench Press



Bent Over Barbell Row



Dumbbell Shoulder Press



Cable Rope Overhead Triceps Extension



Jackknife Sit-up / Crunch



Plank



Tone It Up Nutriation Plan

S Ashworth

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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