

Bikini Workout

My Off Season 2015



For Heather Owen

In this document, you will see three weeks worth of workouts. The format of each week is the same but the exercises change. I do weeks 1-3, then start over on week 1 when I hit the 4th week. I try to improve what I did previously by increasing a rep, resting less or increasing weight. I feel this really keeps me motivated to work hard everyday.

I already have very developed leg and back muscles as I was training for a figure body the last two years. I need to decrease size a bit and build a better booty!

I like to incorporate body weight exercise progressions to meet the goals I have to do 1 arm pull-ups, 1 arm push-ups, pistol squats, 1 arm hand stands and a human flag. This will be a very long road!

I do [cardio](#) about 3-4 x per week which consists of 1 running day for 3.5 miles and the other days incline walking on the treadmill or stair master. I might even get a [HIIT](#) session in there.

Sunday- Run

Monday- Back & Plyo

Tuesday- Hammies & Shoulders

Wednesday- Chest & Arms

Thursday- Plyo

Friday- Legs & Booty

Saturday- Yoga

Also check out other [Competition Articles here](#).

Back and Plyometrics

Horizontal pull-ups 3 x 30 (or jackknife pull ups 3 x 20)

Superset: 4x through

- BB Bent over rows 20-25 reps
- Platform jumps for 60 seconds (increase height each set)

Superset: 4x through

- Wide grip lateral pull down machine 20-25
- Jumping lunges (alternate legs every rep) TIME-60 seconds

Superset: 4x through

- Seated row machine (narrow grip) 15-20
- Wide to Narrow JUMP squats to FAILURE....3 sets

Exercises to failure: choose a weight that will put you at failure. Push hard to the end!

- Pull-ups—shoulder width apart-Unassisted or assisted pull-up machine or bands...3 sets

Hamstrings & Shoulders

Handstand- hold for 2 min (progression: crow stands 1 min)

Superset: 4x through

- Lying hamstring curl 15-20 reps
- DB side raises 15-25

Superset: 4x through

- Straight leg deadlift BB 20-25
- DB shoulder press, alternate arms, 25-30

Superset: 4x through

- HACK squat on machine, feet wide, push through heels 20-25
- BB upright rows (lift straight up to chin) wide grip 15-20 reps

Exercises to failure:

- Smith machine lunges 3 x 15-20 each side
- kettle or DB swing 3x 15-25

Chest , Triceps, Biceps

Incline pushups- 3 x40 (next progression: kneeling pushups 3 x 30)

Superset: 4x through

- chest presses with DB 4x 15-20
- DB hammer curls 4 x 15-20

Superset: 4x through

- Triceps cable push down 15-20
- Barbell bicep curl (use EZ curl bar) 3x 15-20
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Superset: 4x through

- DB overhead triceps extension (seated) 15-20
- biceps cable rope curl 15-20

Exercises to failure:

- Chin ups - palms toward you (unassisted or assisted with bands or machine) 3 sets
- Bench triceps dips (use body weight) to FAILURE. 3 sets

Plyometrics

Superset:

- Box jumps 3x - TIME-45,55,65 seconds
- TRX mountain climber (feet in handgrips) 3x -TIME-45,55,65

rest for 60 seconds and repeat this 3 times (3 sets)

Superset:

- Single leg pump steps ups 3x- TIME-30/30,40/40,50/50
- TRX pistol squats TIME-30/30,40/40,50/50 seconds SETS-3

rest for 60 seconds and repeat this 3 times (3 sets)

Superset:

- TRX ice skaters TIME-30,40,50 seconds SETS 3
- Burpee to reverse burpee TIME-50,60,70 seconds SETS-3

rest for 60 seconds and repeat this 3 times (3 sets)

Exercises to failure -assisted pullups (machine) to FAILURE.. SETS 3

-JUMP alt lunge alternated w/bicep curl TRX to FAILURE..SETS

Week 1

Legs & Booty

Superset: 4x through

- BB Back squats- slow, pause at the bottom 15-20
- Bench alternating single leg step ups 20-25

Superset: 4x through

- Barbell or DB lunges (stationary alternating) 20-25
- DB/ kettlebell sumo squats 25-30

Superset: 3x through

- LEG press machine (feet positioned high and wide) 3 x 15-20
- Kettle straight leg deadlift (standing on platform) 3 x 20

Exercises to failure: choose a weight that will put you at failure. Push hard to the end!

- Weighted hip thrusts to FAILURE...3 sets
- Glute bridge 3 x 50 OR (Lying down hamstring curl to FAILURE.. 3 sets)

Week 2

Back and Plyometrics

Horizontal pull-ups 3 x 30 (or jackknife pull ups 3 x 20)

Superset: 4x through

- One arm DB bent over rows 15-20 reps
- Platform jumps for 60 seconds (increase height each set, if equipment is available)

Superset: 4x through

- Cable pull down (aka cable pullover) 15-20
- Jumping lunges (alternate legs every rep) TIME-60 seconds

Superset: 4x through

- Narrow grip seated cable row 15-20
- Wide to Narrow JUMP squats to FAILURE

Exercises to failure:

- Pull-ups (palms away from you) –shoulder width apart-Unassisted or assisted pull-up machine or bands)...3 sets

Hamstrings & Shoulders

- Handstand- hold for 2 min (progression: crow stands 1 min)

Superset: 4x through

- Cable hamstring curl 15-20 reps
- Cable side raises 15-20 reps

Superset: 4x through

- Cable pull through (glutes) 15-20 reps
- DB Arnold press 15-20

Superset: 4x through

- Kettlebell one legged deadlift 12-15 reps
- BB upright rows narrow grip 15-20 reps

Exercises to failure:

- Smith machine lunges 3 x 15-20 each side
- kettle or DB swing 3x 15-25

Chest , Triceps, Biceps

Incline pushups (narrow to wide)- 3 x40 (next progression: kneeling pushups 3 x 30)

Superset: 4x through

- Incline chest presses with BB 4x 15-20
- Single arm DB preacher curls 4 x 15-20
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Superset: 4x through

- Underhand Triceps cable extension 15-20
- Barbell bicep curl (use 20-30 lbs EZ curl bar) 3x 15-20

Superset: 4x through

- skull crushers –EZ curl bar 15-20
- DB concentration curls 15-20

Exercises to failure:

- Chin ups - palms toward you (unassisted or assisted with bands or machine) 3 sets
- Bench triceps dips (use body weight) to FAILURE. 3 sets

Plyometrics

Superset:

- Box jumps 3x - TIME-45,55,65 seconds
- TRX mountain climber (feet in handgrips) 3x -TIME-45,55,65

rest for 60 seconds and repeat this 3 times (3 sets)

Superset:

- **Single leg pump steps ups 3x- TIME-30/30,40/40,50/50
- TRX pistol squats TIME-30/30,40/40,50/50 seconds SETS-3

rest for 60 seconds and repeat this 3 times (3 sets)

Superset:

- TRX ice skaters TIME-30,40,50 seconds SETS 3
- Burpee to reverse burpee TIME-50,60,70 seconds SETS-3

rest for 60 seconds and repeat this 3 times (3 sets)

Exercises to failure

-Assisted pullups (machine) to FAILURE.. SETS 3

-JUMP alt lunge w/bicep curl TRX to FAILURE..SETS 3

Legs & Booty

Supported squats: 3x 30

Superset: 4x through

- BB Front squats- 12-20
- Bench alternating single leg step ups 20-25

Superset: 4x through

- Walking barbell lunge 15-20
- DB/ kettlebell sumo squats 15-20

Superset:3x through

- LEG press machine (feet positioned high and wide) 3 x 15-20
- Donkey kicks 3 x 20

Exercises to failure:

-Weighted hip thrusts to FAILURE...3 sets

-Lying down hamstring curl to FAILURE.. 3 sets (or glute bridges 3 x 50)

Back and Plyometrics

Superset: 4x through

- Reverse grip BB bent over rows 20-25 reps
- Platform jumps for 60 seconds (increase height each set, if equipment is available)

Superset: 4x through

- Horizontal pullups 15-20
- Jumping lunges (alternate legs every rep) TIME-60 seconds

Superset: 4x through

- Close grip lat pull downs 20-25
- Leap frogs or rocket jumps TIME- 60 seconds

Exercises to failure:

- Pull-ups (palms away from you) –shoulder width apart-Unassisted or assisted pull-up machine or bands)...3 sets
- Wide to Narrow JUMP squats to FAILURE....3 sets

Hamstrings & Shoulders

Handstand- hold for 2 min (progression: crow stands 1 min)

Superset: 4x through

- Cable kickbacks 15-20 reps
- Cable front raises 12-15 reps

Superset: 4x through

- Seated leg curls- 12-15
- DB military press 12-15 reps

Superset: 4x through

- Smith machine lunges 15-20 each side
- DB rear delt raise 15-20 reps

Exercises to failure:

- Glute bridge 3x 30-50 reps
- kettle or DB swing 3x 15-25

Week 3

Chest, Triceps, Biceps

Incline pushups- 3 x40 (next progression: kneeling pushups 3 x 30) Do wide to narrow explosive

Superset: 4x through

- Overhead Rope Triceps cable extension 15-20
- Cable preacher curl 4 x 15-20

Superset: 4x through

- DB flies 4x 15-20 (use machine-pec dec)
- EZ bar bicep curl (use 20-30 lbs EZ curl bar) 3x 20-25

Superset: 4x through

- DB Triceps kickbacks 20-25
- Incline bench DB bicep curls 20-25

Exercises to failure: choose a weight that will put you at failure. Push hard to the end!

- Chin ups - palms toward you (unassisted or assisted with bands or machine) 3 sets
- Bench triceps dips (use body weight) to FAILURE. 3 sets

Plyometric

- Same as week 1

Legs & Booty

Superset: 4x through

- Single leg, leg extension machine 15-20
- Bench alternating single leg step ups 20-25

Superset: 4x through

- Walking barbell lunge with kick back 15-20
- DB/ kettlebell sumo squats 15-20

Superset: 3x through

- DB or BB or smith machine: Narrow squat 15-20
- DB or with smith machine -Split squat- back leg on platform/bench 15-20 reps

Exercises to failure:

- Weighted hip thrusts to FAILURE...3 sets
- Lying down hamstring curl to FAILURE.. 3 sets

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