

SJF BIKINI BODY PROJECT

Week 4: Tuesday

FULL BODY CIRCUIT

This full body circuit should leave your body fatigued & your heart rate up! *Look for more reps in some exercises but always aim to still use the same weight!*

	EXERCISE	WEIGHTS	SETS	REPS	TEMPO	NOTES
Complete 4 sets of everything. Some exercises are a superset (A & B) some are standalone exercises.						
Perform 1x Warm Up Set of Exercise 1A, 1B with a light weight (50% effort) before you begin.						
1A	Smith Machine Glute Isolation Lunges	W: 20-25lb each end	4x W	15 (each side)	0-3-0-1	<ul style="list-style-type: none">You are going to perform these as static lunges – 10 on one side followed by 10 on the other side.You cannot go heavy with this – the weight should FEEL heavy, but make sure you do not try to go too heavy as you will not be able to keep the focus of the exercise with the weight in the right place to isolate the glute.RIGHT LEG STANCE: You will have your right foot forward & left foot back. The key is to have your weight planted in the front (right) heel as much as possible with minimal weight in back (left) heel. What this does is to force the work into your glute.LEFT LEG STANCE: Left foot forward, right foot back. As above.

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1B	Smith Machine Sumo Squat Add Booty Band	W: 20-25lb each end	4x W	20	0-3-0-1	<ul style="list-style-type: none"> Stand in a Sumo Stance with feet slightly wider than your hips & your toes turned out to 45 degrees & keep the weight in the heel of your foot. Come down into the bottom of the range as deep as you can whilst maintaining core alignment. You should really feel as though you are sticking your booty back in this exercise. The reps are higher so you can stay with the same weight as exercises 1A & still find this tough! With Band: You will add a short-loop booty band to the exercise by stepping through it & placing it above your knees. Make sure you read the notes in Foundations of Training regarding the use of bands.
1C	Squat Jumps (Out & In) (With Booty Band)	--	4x W	20	Explosive	<ul style="list-style-type: none"> Start with your feet together, jump out into a sumo squat (landing with bent knees) & jump your feet back together. That's one rep. Add Booty Band: You will add a short-loop booty band to the exercise by stepping through it & placing it above your knees. If you don't have a booty band you could do these holding a weight to increase the difficulty/intensity.
2	Single Arm Cable Row	W: 30-40lb	4x W	20 each arm	0-1-0-3	<ul style="list-style-type: none"> Use a single handle attachment. You will perform 10 reps on one side followed by 10 on the other. Keep your working elbow in tight as you row your hand in to your waist really thinking about contracting & squeezing your shoulder blades behind you.

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3	Wide Grip Cable Row * 4th set to failure	W: 60-80lb	4x W	15	0-1-0-3	<ul style="list-style-type: none">You will perform this with a long bar & a grip wider than shoulder width.Think about rowing the bar to your lower chest. -With a wider grip row you should FEEL the work wider in your back as opposed to the single arm row which you will feel more centralised by keeping your working arm closer to your body.4th set to failure: On your 4th & final set perform continued repetitions until you're no longer able to perform a safe/complete repetition. This should feel like fire!
4	Bicep Curl & Shoulder Press Combination * 4th set to failure	W: 10-15lb dumbbells	4x W	20	Smooth	<ul style="list-style-type: none">Standing, perform: Bicep curl to the top, rotate arms out to transition into a shoulder press, at the bottom of the shoulder press rotate your grip back in into the eccentric phase of the bicep curl (arms coming back down to your sides).4th set to failure: On your 4th & final set perform continued repetitions until you're no longer able to perform a safe/complete repetition. This should feel like fire!

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5	Reverse Crunches	W: N/A	4x W	15	0-1-0-3	<ul style="list-style-type: none">• You are going to lay on a decline bench so that you have somewhere to hold at the top.• The straighter you take your legs throughout this exercise the harder it is so you may need to start with slightly bent knees before you're able to perform with legs straight. This week, I want you to aim for straighter legs than last time.• Bring your knees up toward your chest, at the top, continue with a slight reverse crunch whereby you contract your lower abdominal muscles to lift your tailbone up off the bench.• The key is to CONTROL the left of the tailbone, rather than letting yourself swing. You should think about the squeeze of your lower abs & really focus on that.