

Bikini Tone up

Jump Squats- 20 reps

Dumbbell bench press flat- 8-12 reps

Barbell step up- 20 reps

Bent over barbell row- 8-12 reps

Dumbbell deadlift- 15 reps

Dumbbell shoulder press- 8-12 reps

Standing dumbbell curl- 8-12 reps

Wall sit- 1 minute

Cable rope overhead triceps extension- 15 reps

Dumbbell lateral raise (front and side) 15 reps each

Jack knife crunch- 20 reps

Back extensions- 15 reps

Plank- 1 minute

Repeat 3 sets with a rest in between