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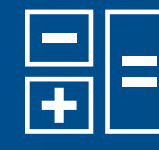
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## 12 WEEK WOMEN'S BIKINI PREP WORKOUT PROGRAM

This workout, designed by womens bikini competitor Traisha Martin, is the exact workout she has been following while on her bikini competition prep.

Link to Workout: <https://www.muscleandstrength.com/workouts/12-week-womens-bikini-prep-workout>

**Main Goal:** Lose Fat

**Training Level:** Intermediate

**Program Duration:** 12 Weeks

**Days Per Week:** 5 Days

**Time Per Workout:** 30-90 Mins

**Equipment:** Barbell, Cables, Dumbbells, EZ Bar, Machines

**Author:** Traisha Martin

### Day 1: Shoulders

| Exercise  | Sets | Reps                | Rest         |
|---|------|---------------------|--------------|
| 1. <a href="#">Arnold Press</a>                 | 5    | 8                   | 40 Secs      |
| 2. <a href="#">Smith Machine Shoulder Press</a> | 5    | 8                   | 10 - 15 Secs |
| 3. <a href="#">Strict Overhead Press</a>        | 5    | 8, 5, 3, 5, Failure | 1 - 2 Mins   |
| 4. Single Arm Lateral Machine Press             | 5    | 8                   | Alternate    |
| 5. Partial Lateral Raise                        | 3    | Failure             | Alternate    |

### Day 2: Back

| Exercise                                   | Sets | Reps | Rest         |
|--|------|------|--------------|
| 1. <a href="#">Lat Pull Down</a>           | 5    | 8    | 40 - 60 Secs |
| 2. Hammer Strength High Row Machine        | 5    | 8    | 40 - 60 Secs |
| 3. <a href="#">Underhand Barbell Row</a>   | 5    | 8    | 40 - 60 Secs |
| 4. Rear Delt Fly Machine                   | 5    | 8    | 40 - 60 Secs |
| 5. <a href="#">Lying Dumbbell Pullover</a> | 2    | 50   | 40 - 60 Secs |

### Day 3: Legs

| Exercise                         | Sets | Reps    | Rest         |
|----------------------------------|------|---------|--------------|
| 1. <a href="#">Box Squats</a>    | 3    | 12      | 2 - 3 Mins   |
| 2. <a href="#">Deadlifts</a>     | 3    | 12      | 2 - 3 Mins   |
| 3. Reverse Hack Squat            | 3    | 12      | 2 - 3 Mins   |
| 4a. <a href="#">Goblet Squat</a> | 5    | 8       | 2 - 3 Mins   |
| 4b. <a href="#">Squat Jumps</a>  | 5    | 8       | 40 - 60 Secs |
| 5. <a href="#">Glute Bridges</a> | 2    | Failure | 40 - 60 Secs |

Focus on clenching your glutes at the top of each movement (other than the Squat Jumps).

### Day 4: Arms

| Exercise   | Sets | Reps | Rest    |
|--|------|------|---------|
| 1. <a href="#">EZ Bar Curls</a>                    | 5    | 8    | 40 Secs |
| 2. <a href="#">Alternating Dumbbell Curls</a>      | 5    | 8    | 40 Secs |
| 3. <a href="#">Straight Bar Tricep Pressdown</a>   | 5    | 8    | 40 Secs |
| 4. <a href="#">Tricep Cable Overhead Extension</a> | 5    | 8    | 40 Secs |
| 5a. <a href="#">Rope Tricep Pressdown</a>          | 3    | 8    | 40 Secs |
| 5b. 5 Secs Isometric Bicep Contractions            | 3    | 8    | No Rest |

The last exercise is meant to completely exhaust the muscle, no rest. For Bicep Contractions, you can use a resistance band and hold the biceps in a completely contracted position for 5 Secs.

### Day 5: Autoregulation

| Exercise  | Sets | Reps |
|---|------|------|
| Freestyle exercises for 45 Mins to 1 Hr. This is a good opportunity to add in some <a href="#">chest exercises</a> based on your individual needs/goals, or you can focus on other lagging muscle groups. Just be sure to get in there and put in the work! |      |      |