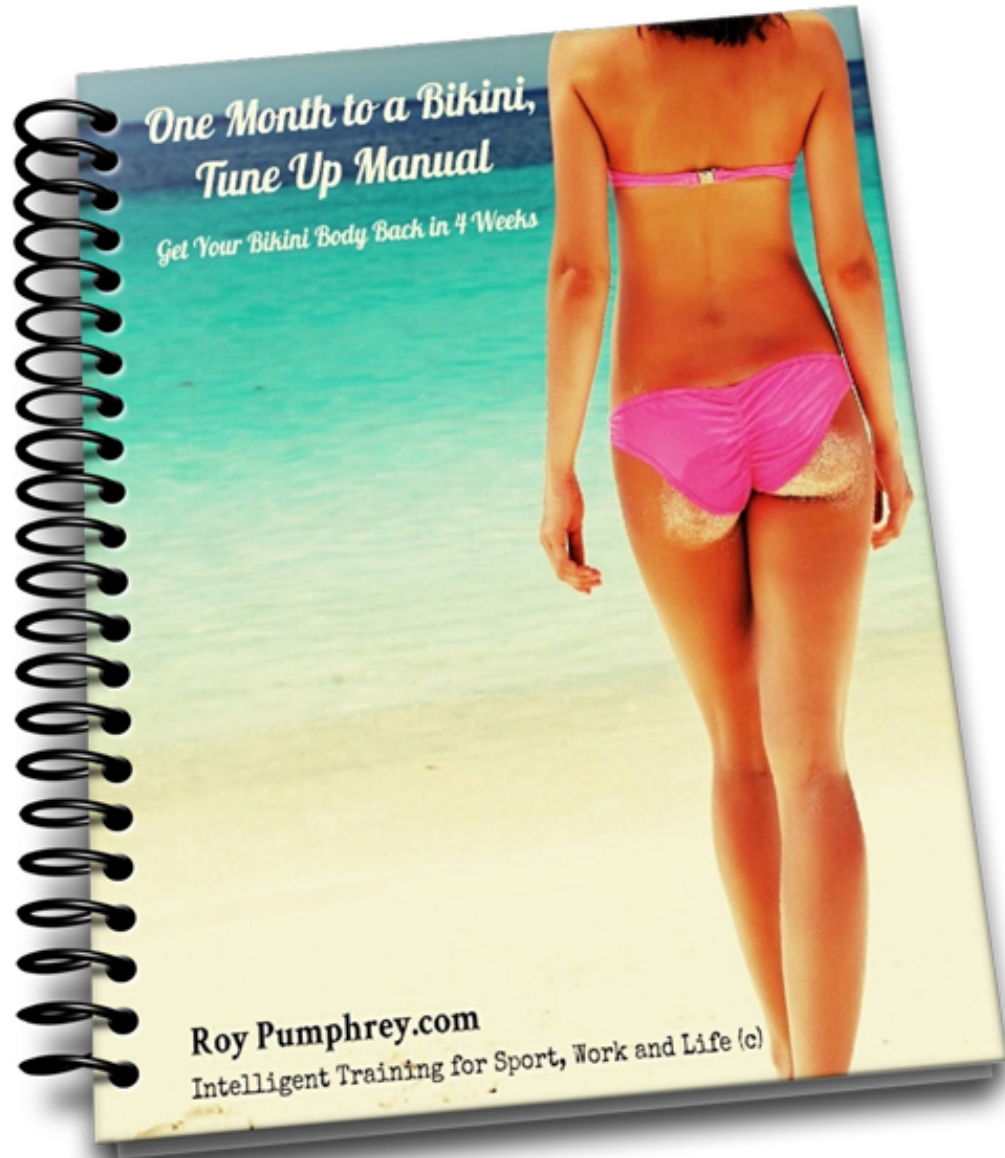


One Month to a Bikini, Tune Up Manual.

Get Your Bikini Body Back in 4 Weeks



This is copyrighted. That said, feel free to share, copy, post up on your blog, whatever. This is my explicit permission. Just do me one favor, give credit where it's do and link back, tell 'em where you found it etc, etc, etc. Thanks, now get to work.

Disclaimer

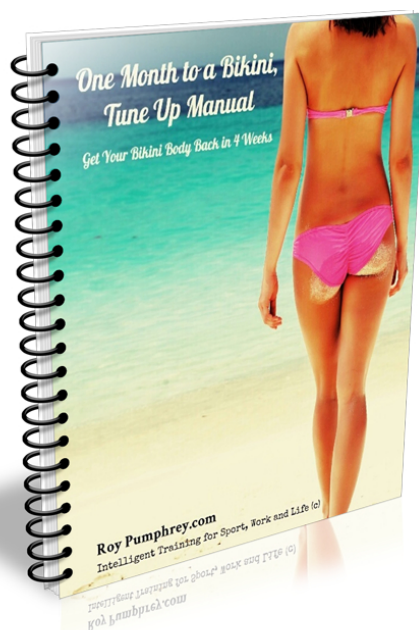
You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only.

You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only. The information in this report is not meant to supplement, nor replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits.

Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program. Including this one. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop that movement and consult a physician. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

Please discuss all nutritional changes with your physician or a registered dietician. This publication is intended for informational use only. Roy Pumphrey and [Roy Pumphrey.com](http://RoyPumphrey.com) will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information.



This Program

It's not for the gym newbie or the person who has completely slacked off for the last 11 months. If that's the case you're going to need something else and a **LOT** more time.

This is a “**TUNE UP**” you're close, but not quite where you want to be.

Fitness, overall, should be a marathon but this program is more like a one month, all-out, “*sprint to the finish*” for someone who is at least a semi-regular at the gym.

The exercises are, in general, somewhat advanced and require a fairly good strength base. You don't have to be a complete meathead, but if you can do a [good lunge](#) and maybe [a push-up](#) you'll be more than good to go.

The program focuses primarily on the lower half, glutes, quads and hamstrings, which along with the abs is where most women want to reshape before they have to get into a bikini.

To do this we have to stress the muscles so they grow.

Yes, **we want to add some muscle**. Don't be Afraid of Weight on the Bar. You won't get **HUGE**, more weight on the bar means more calories burned, more muscle built and less of a “*wafey*”, “*skinny fat*”, [look and more of a “fit”, “toned” look](#). You should be constantly striving to increase your weights on the sets that are prescribed a certain number of reps and your reps on sets that are prescribed as AMAP.

If you're lucky you'll gain 1-2 pounds at best, more than likely, in one month, you'll only maintain and “*shape-up*” what muscle you already have.

There are also some exercises for the upper body to help improve the slouched forward, [Desk Jockey Syndrome](#) posture so many of us have now from hours in front of the computer. Correcting, rounded shoulders, slouching can give the appearance of being taller and thinner just by itself.

There may be some unfamiliar exercises in the program. If that's the case simply click on the name of the exercise in the workout and you should be redirected to my [YouTube video demonstration](#) with a description below the video.

There are only two workouts in this program. That way you can really master the exercises and challenge yourself. Constantly changing exercises is a great way to always have to relearn an exercise and never get good enough at performing it to really challenge yourself and therefore not stress the muscles enough to see improvement.

“Abs are made in the kitchen”

It's almost impossible to out train a poor diet.

Make sure you're eating enough to fuel your body, repair and build muscle. A starvation diet on this plan will only leave you tired, miserable, hungry, sore and overtrained.

*A good guideline for calorie consumption is:

To Maintain Weight:

Current Weight x 14

To Lose Weight:

Current Weight x 11

How Much of What?

If you're training hard, which you should be on this program, you're going to need proteins and fats to rebuild muscle and carbohydrates to fuel the workouts and, for some of you, keep your sanity.

A quick and easy guideline to follow for how much of each of these Macronutrients (proteins, fats, carbohydrates) is:

<i>Protein</i>	1 gram per pound of body weight.
<i>Fats</i>	1/2 gram per pound of body weight.
<i>Carbs</i>	Remainder of calories for the day divided by 4.

Example: Goal Weight loss for 130lbs person.

Daily calorie goal: 130 x 11= **1,430** calories per day

	<i>Wgt</i>	<i>Daily Total</i>	<i>Calories Per Day</i>	<i>Total Calories</i>
<i>Protein</i>	130lbs	130 x 1= 130 grams	130 x 4= 520	1430 - 520= 910
<i>Fats</i>	130lbs	130 x .5= 65 grams	65 x 9= 585	910 - 585= 325 (left over)
<i>Carbs</i>	130lbs	325 (left over)/ 4= 81.25 (carbs for the day)	81.25 x 4= 325	325+585+520= 1430

* Much of the information in this section is taken from [Bret Contreras's](#), most awesome [book, Strong Curves](#).

Things to Know

The Schedule: Alternate A and B days. Get three workouts in per week. “Active Rest”, easy cardio, yoga or other light activities on off days of up to an hour should be plenty.

<i>Week 1</i>	A/ B/ A
<i>Week 2</i>	B/ A/ B
<i>Week 3</i>	A/ B/ A
<i>Week 4</i>	B/ A/ B

AMAP: As Many As Possible. Do as many correct reps as is possible.

Exercise Pairs and Trisets: Exercises in this program are paired or trisected. This means you should perform them in an alternating or circuit fashion.

Ex: The first pair from *Day 1* should be performed like this:

Set 1:

1a) Barbell Glute Bridge

1b) Pushups

Set 2:

1a) Barbell Glute Bridge

1b) Pushups

Set 3:

1a) Barbell Glute Bridge

1b) Pushups

H.I.I.T: High Intensity Interval Training. During the work portion you need to go **ALL OUT** or at least close to it. After 1-2 reps you should be gasping for air when the rep is finished. If not, you’re not pushing hard enough.

Warm-up: Always warm-up....it helps get the [joints, muscles and nervous system ready to train](#). It’s one of the primary methods of injury prevention and injured athletes can’t train.

Keep a log: Track every set of every rep. The rest time between sets is a perfect time to record your reps completed and weights used.

Day A

Warm Up: [Foam rolling IT Band](#), [Extensions](#)/ [Hip Flexor Stretch](#)/ [Chest Stretch](#)

- 1) [Cat Camel Stretch](#) x 10
- 2) [Thoracic Rotations](#) x 10 (each side)
- 3) [Hip Circles](#) x 10 (each side)
- 4) [Bent Knee Hip Extensions](#) x 10 (each side)
- 5) [Hip Hinge](#) x 10
- 6) [Scap Wall Slides](#) x 10
- 7) [Band Pull Apart](#) x 10
- 8) [Wall Squat](#) x 10

<i>Exercise:</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>
1a) Barbell Glute Bridge	4	8-12	30's
1b) Pushups	3	AMAP	30's
2a) Goblet Squat	3	8-12	30's
2b) TRX Row / Inverted Row	3	AMAP	30's
3a) Feet Up Hip Thrust or Hip Abduction	3	20-25	None
3b) TRX Cable Pull Apart or Facepull	3	15-20	None
3c) Plank Roll	3	30's* Each Side	None
4a) Kettlebell Swings	5	15-20	30-60's

* 's = Seconds

Day B

Warm Up: [Foam rolling IT Band](#), [Extensions](#)/ [Hip Flexor](#)/ [Chest Stretch](#)

- 1) [Cat Camel Stretch](#) x 10
- 2) [Thoracic Rotations](#) x 10 (each side)
- 3) [Hip Circles](#) x 10 (each side)
- 4) [Bent Knee Hip Extensions](#) x 10 (each side)
- 5) [SLDL](#) x 10 (each side, no weight)
- 6) [Scap Wall Slides](#) x 10
- 7) [D1/ D2 Pull-Aparts](#) x 10
- 8) [Sitting Knee Outs](#) x 20

<i>Exercise:</i>	<i>Sets</i>	<i>Reps</i>	<i>Rest</i>
1a) Bulgarian Split Squat w/added Range of Motion	3	8-12	30's
1b) Tall Kneeling Corner Press	3	8-12	30's
1c) Standing 1 Arm Cable Row	3	8-12	30's
2a) One Leg Hip Thrust	3	AMAP	30's
2b) Stir the Pot (Both Ways)	3	5-15	30's
3a) H.I.I.T. (Ropes / Sled / Sprints/ Bike Sprints/ etc)	12	10-15's	20's- 60's

Thanks for downloading and reading, hopefully you enjoy the program and get your bikini body back and ready for vacation.

While you're relaxing on the beach check out my website for articles and updates:

RoyPumphrey.com

Head over to my YouTube Channel for some instructional videos:

[Roy Pumphrey on YouTube](#)

And connect on social media:

[Facebook](#)

[Twitter](#)

[Pinterest](#)

[Instagram](#)

