

TRAIN LIKE BREENA



Bikini Workout Split

Day 1: Quad/Glutes/Abs

Day 2: Chest/Back/Abs

Day 3: Cardio Focus Only- No weight training

Day 4: Hamstring/Glutes/Abs

Day 5: Shoulders/Biceps/Triceps/Abs

Day 6: Glutes/Calves

Day 7: REST DAY

*Cardio will depend on your individual goals. Currently I only do cardio 5 days a week for 20- 25 minutes. My cardio consists of HIIT training, stair mill, elliptical, or outdoor runs.

QUAD/GLUTES/ABS

Activation	Banded Leg Extensions 3 x 10
Sets/Reps	Exercises
3 X 15	Leg Extensions (toes in, out, straight)
3 X 15	Bulgarian Splits Squats
3 X 15	Barbell Front Squats
3 X 15	TRX Pistol Squats
4 X 20	Banded Abduction Glute Bridges
4 X 20	Banded 45-degree Kickbacks
4 X 20	Hip-Ups with Rotation
4 X 20	Leg-Ups
Cardio:	25 min (HIIT, stairs, elliptical, or run)

CHEST/BACK/ABS

Activation	Incline Tempo Push Ups 3 x 10
Sets/Reps	Exercises
3 X 12	Bench Press
3 X 12	Pec Machine
3 X 12	DB Turn Key Rows
3 X 12	Lat Tempo Pull Downs
3 X 12	Seated Under-grip Rows
3 X 12	Seated Wide-grip Rows
4 X 20	Bicycle Crunch Reaches
4 X 20	V-Ups
Cardio:	25 min (HIIT, stairs, elliptical, or run)

HAMSTRING/GLUTE/ABS

Activation	TRX Hamstring Curls 3 x 10
Sets/Reps	Exercises
3 X 12	Ham Curls (toes in, out, straight)
3 X 12	Single Leg Press
3 X 12	Nordic Hamstring Curls
3 X 12	Bent Leg Deadlifts
3 X 12	Sumo Deadlifts
3 X 12	GHD w/ squeezes
3 X 12	GHD Banded Kick Ups
4 X 20	3-way Leg Drops
Cardio:	25 min (HIIT, stairs, elliptical, or run)

GLUTES/CALVES

Activation superset	Banded Lateral Steps 3 x 30, 20, 10 Seated Banded Abductions 3 x 15
Sets/Reps	Exercises
3 X 6-8	Smith Machine Sumo Squats
3 X 6-8	Reverse Hack Squats
3 X 6-8	Sumo Leg Press
3 X 6-8	Glute Kickback X Kickbacks
3 X 6-8	Glute Kickback X Lateral Lifts
3 X 6-8	Banded Glute Bridges w/ Stability Wedge
4 X 12	Calf Raises on Blocks
4 X 12	Calf Press Machine
Cardio:	25 min (HIIT, stairs, elliptical, or run)

SHOULDERS/BICEPS/TRICEPS/ABS

Activation	IPR Fitness Pull Back Raise 3x10
Sets/Reps	Exercises
3 X 12	DB Shoulder Press
3 X 12	DB Lateral Raises
3 X 12	DB Front Raises
3 X 12	Rear Deltoid Fly
3 X 12	Hammer Curls
3 X 12	Skull Crushers
4 X 15	TRX 3-way Knee-Ins
4 X :30	TRX Plank
Cardio:	25 min (HIIT, stairs, elliptical, or run)

CARDIO FOCUS: HIIT

Warm-Up	Fast walk for 3 minutes (your speed)
Time	Exercises
2 MIN	Jog (4.5 - 6.5 speed)
1 MIN	Incline Band Monster (max inc)
1 MIN	Incline Run (your speed, max inc)
:15	Sprint (no inc, your max speed)
:45	Power Walk (3.5 - 4.5 speed)
	Repeat intervals for 25 min

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