

Get A Killer Bootcamp Bikini Body This Summer!



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Press Release Summary: Bikini season is right around the corner--but there's still time to get yourself in top condition. In this exclusive program created by renowned trainer Allan H. Fine of [Albertabootcamp.com.](#), you'll learn how to use a small dumbbells to up the results of familiar exercises, toning your show-off zones without increasing your training time.

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Be Bikini ready [in 8 weeks or less]: sculpt your body into show-off shape with these toning moves for your abs, butt, hips, thighs and upper body.

1. Move ,Move Move. – Whether your into the gym or not weight training is definatley the way to go. Over the years we now know that cardio just doesn't cut it.

35 – 45 minutes of circuit full body training with weights will sculpt you into a piece of art. Weight training burns more overall calories, refines and defines you.

"Your entire body has to coordinate to perform the exercises, so with combination training you work more muscles at once than you might with more-traditional dumbbell moves," says Allan . As a result, you'll begin to see the benefits in as little as two weeks. Combine these cutting-edge moves with our stretches and cardio plans and, come week 8, you'll be more than ready for whatever summer has in store--and that includes a bikini.

The plan

Strength guidelines Using a 5 and 8 -pound dumbbells, do all exercises in the order shown 3 days a week on nonconsecutive days.

Complete 4 sets of each exercise, performing the exercise with as many reps as you can within common sense and what you can handle. For each move before you go on to the next. Rest 45-60 seconds or as needed between sets. Drink lots of water between every 2-3 sets.

Cardio guidelines After performing all the Strength Moves, do 20 minutes of cardio. Stairs are the best cardio to perform . If you have knee problems the walk with 5 lb dumbbells in your hands. After about 4 weeks, or when ready, increase to the 8 lb dumbbells. On your off days do 30 minutes of stairs or walking with dumbbells and watch the fat just melt off!

Warm-up Begin every strength and cardio workout with 5 minutes of any light cardio activity like jogging in place.

Cool-down End all strength and cardio workouts by stretching for 5 to 10 minutes. **Nutrition** – Eat 5 small meals a day and protein each meal. A meal is NOT a salad or yoghurt or fruit by itself. The key word is protein and plenty of it.

How to train your body (Big muscles to small)

1. **Weighted squats** – 5 or 8 lb dumbbells at your sides. Legs slightly further apart than shoulder width. Perform a slow to medium squat $\frac{3}{4}$ of the way down at a controlled pace. (A) the secret is controlled and lots of reps. (B) At the top of the movement clench your glute muscles and hold for 3 seconds.

2. **Weighted crisscross** Lie on back with knees bent at 90 degrees and aligned over hips, calves parallel to ground. Hold dumbbells above chest, arms extended (A). Contract abs and roll upper back and shoulders off ground while rotating torso to bring ball toward outside of right knee (B). Keep upper back off ground as you reach ball over knees and rotate to bring ball toward the outside of left knee, keeping hips stable and calves

parallel to ground. Lower to starting position and repeat, beginning with the twist first to the left, and then to the right. Continue alternating for 12 reps total. Strengthens abdominals, with emphasis on obliques.

3. Reverse combo crunch Lie on your back with your knees bent, feet off ground, arms relaxed at sides and dumbbells between your knees. Contract abs, squeeze knees together and curl your butt and hips off of the ground, bringing hips toward ribs (A). Roll back down to starting position, your back fully on ground, then slowly lower your knees toward the ground to the right (B). Use abs to bring knees back up to starting position. Repeat, curling hips off of the ground and back down, then lowering knees to the left to complete 1 rep. Do entire move 20 times. Strengthens abdominals, with emphasis on obliques.

4. Kick butt lunge Standing with your feet hip-width apart, hold dumbbells in front of your chest, elbows bent at waist. Step forward with your right foot into a lunge, bending your right knee until it's aligned with right ankle, left knee pointing toward the ground, heel lifted (A). Push off forcefully from your right foot, kicking left heel back and up toward your buttocks without arching back (B). Then, put left foot back down and repeat the entire lunge-kick combo for 22 reps; switch legs and repeat lunges and kicks on opposite side to complete 1 set. Strengthens buttocks, quadriceps, hamstrings and calves; inner thighs and upper hips as stabilizers.

5. Russian lunge, reach and leg lift Holding dumbbells in front of chest with elbows bent at waist, stand with left knee slightly bent so left toes lightly touch ground. Bend right knee and hinge forward from hips as you lower ball toward right foot (A). Straighten right knee, and tighten buttocks, bending arms to bring ball back into chest. Then, straighten arms overhead as you extend left leg behind you, contracting butt and thigh muscles (B). Lower left toes to ground and ball to chest. Repeat entire move for 20 reps, then switch legs and repeat to complete 1 set. Strengthens buttocks, quadriceps, hamstrings, upper hips, shoulders, triceps, abdominals and spine extensors.

6. Push-up tuck Kneel on all fours with hands slightly more than shoulder-width apart and slightly forward, left palm flat and right palm on dumbbells. Lift left foot and bend left knee in toward chest (A). Extend left leg behind you; bend elbows and lower torso into a push-up position, aligning elbows with shoulders (B). Straighten arms and repeat tuck and push-up for 5 reps; switch ball to left hand, repeat for 5 reps to complete 1 set. Strengthens chest, triceps, front shoulders and buttocks, abdominals and spine extensors as stabilizers.

7. **Curl and kickback** Standing with 5 lb dumbbells do 2 handed curl, at the top stop, bend over and perform a tricep kickback. (A) make sure when your standing your head is up , shoulders are back and spine is straight. (B) When you bend over make sure your knees are bent slightly and hold the extension for 2- 3 seconds. Strengthens biceps, triceps, shoulder, abs.

For over 18 years **Allan H. Fine** has been a fitness coach and certified life coach. He is creator of **The Executive Edge** and uses an integrated, non-diet approach to health and fitness using Nutrition and Training. Allan Philosophy is simple "**Your roots create your fruits**". He has trained and educated thousands of people in exercise, nutrition and a positive outlook on life for more than eighteen years. Allan Presents for Corporations, schools and Fitness Expos. He educates the public on the benefits of developing and maintaining good habits. Allan has personally worked with more than three thousand men and women of all ages, interests, and special limitations, both on- and off-line. He has appeared on TV and writes fitness articles, fit tips, exercise instructions, Q & A columns, and healthy recipes for health-related magazines, newsletters, and website's. He hold over 25 titles and certification ranging from **Master Fitness Trainer to Certified Master Life Coach**. He is always happy to hear from his clients who are all over the globe from Australia to England to all over North America.

Web Site: <http://www.albertabootcamp.com>

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