

**MY**  
***Bikini***  
**Belly**



**Shawna Kaminski CPT**

***Super Sculpt Series***

# Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is 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.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. 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 perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

# Safety First

You will only get positive results from this program if you are performing the exercises correctly.

Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.  
**Do NOT** do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

# Welcome!

## My Bikini Belly Super Sculpt Series

Are you ready to sculpt your belly even FASTER? It's easier than you think....

Here's the plan...

You're going to add an additional 4-6 minutes to ANY of the My Bikini Belly main workouts and do either the Super Sculpt #1 or Super Sculpt #2 workout as a 'finisher'.

(Don't worry, even with the Super Sculpt finisher added, your workout would NOT be long enough to elicit a response from the evil belly fat storing hormone, cortisol.)

Super Sculpt #3 is a perfect workout to fit in once a week to blast your core with the perfect concentrated dose of core crushing exercises and metabolism boosting intervals.

Now to FULLY MAXIMIZE the effectiveness of these workouts, you'll want to be following the My Bikini Belly Diet. There's a saying 'Ab's are made in the kitchen' and to a certain extent that's true.

When you fuel your bikini belly body with the right ingredients, you'll see results FASTER and feel more energized than ever.

**If you haven't already, you can get it [HERE](#)**

# Super Sculpt #1

This is a timed set.

Set your timer for 20/10 for 8 sets:

1A - Shoe touch 20 sec

1B - Floor leg raise 10 sec

Repeat for 4 sets

Then do:

2A - Sit out 20 sec

2B - Front plank 10 sec

Repeat for 4 sets

# Super Sculpt #2

This is an AMRAP set. AMRAP means 'as many rounds as possible'.

So you'll do each exercise on the list and repeat the entire list as many times as you can in **4 minutes**.

- Full Body Extensions - 20 reps
- Pushups - 5 reps
- Burpees - 10 reps
- Rest 20 seconds

# Super Sculpt #3

This is a timed set. Do 40 seconds of work with 10 seconds rest.

1. Burpees (full body extensions or squat jumps)
2. Side plank
3. Side plank other side
4. Stationary sprint - high knees
5. Spider crawl
6. Leg climber
7. Leg climber other side
8. Mountain climber
9. Squat jump
10. Plank
11. Woodchopper
12. Woodchopper other side
13. Skater
14. Bird dog
15. Bird dog other side
16. Burpee (full body extensions or squat jumps)

\*There are lots of exercises here so it's important to review the video/exercise descriptions and have a print out right beside you while training so you don't take extra rest.