

WORKOUT PLAN

SLIMDOWN

1-WEEK WEIGHT LOSS PLAN FOR WOMEN



by

SPOTEBI

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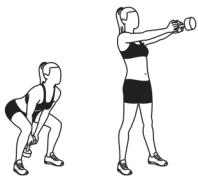
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01

WORKOUT

Bikini Body Complex

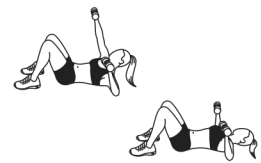
Start this full body workout with warm up 1 and finish with cool down 1. Repeat this circuit 3 times and rest for 60 seconds between sets.



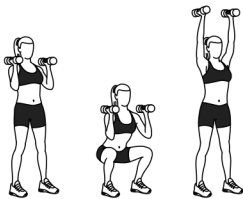
60^{SEC}

dumbbell swing

45^{SEC}



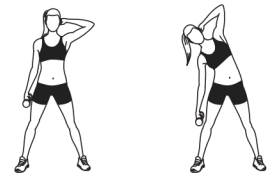
chest press punch up



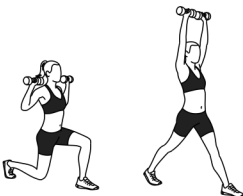
60^{SEC}

thrusters

30^{SEC} + 30^{SEC}



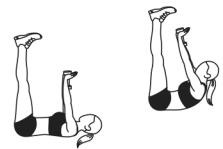
dumbbell side bend



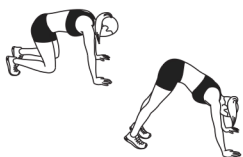
30^{SEC} + 30^{SEC}

split squat press

45^{SEC}



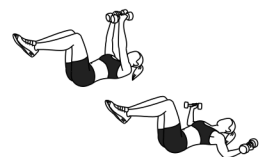
toe touch



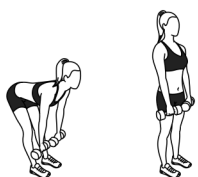
60^{SEC}

bear squat

45^{SEC}



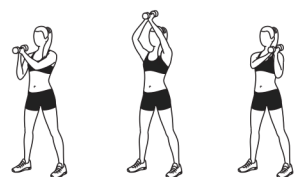
chest fly



45^{SEC}

romanian deadlift

60^{SEC}



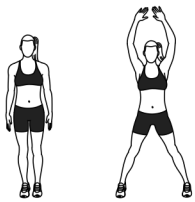
shoulder to shoulder

02

WORKOUT

Full Body Bodyweight Circuit

Start this full body workout with warm up 1 and finish with cool down 1. Repeat this circuit 3 times and rest for 60 seconds between sets.

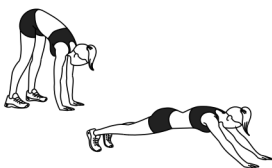
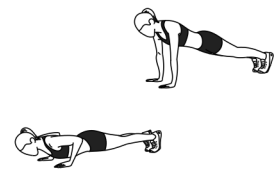


60^{SEC}

jumping jacks

45^{SEC}

push ups

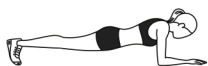
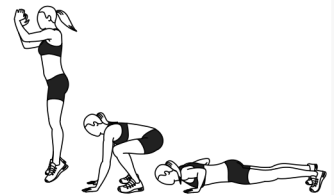


60^{SEC}

inchworm

45^{SEC}

burpees

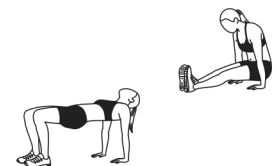


60^{SEC}

plank

45^{SEC}

tabletop reverse pike

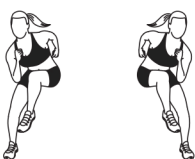
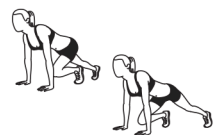


60^{SEC}

side shuffle

45^{SEC}

mountain climbers

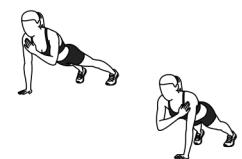


60^{SEC}

heisman

60^{SEC}

plank shoulder taps

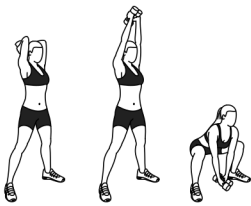


03

WORKOUT

High Intensity Summer Workout

Start this full body workout with warm up 1 and finish with cool down 1. Repeat this circuit 3 times and rest for 60 seconds between sets.

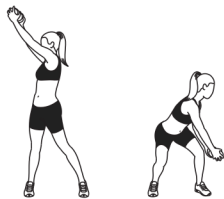
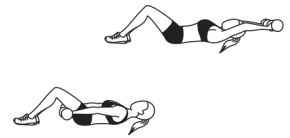


60^{SEC}

squat tricep extensions

45^{SEC}

around the worlds

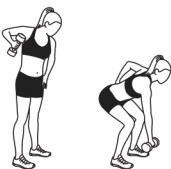
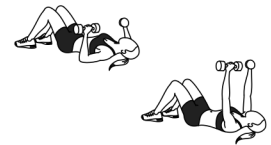


30^{SEC} + 30^{SEC}

wood chop

45^{SEC}

chest press

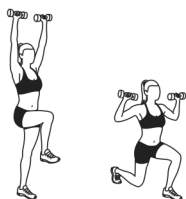
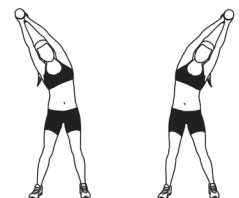


30^{SEC} + 30^{SEC}

lawnmower pull

45^{SEC}

standing side bend

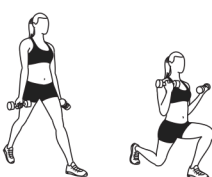
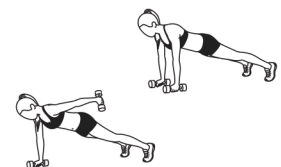


30^{SEC} + 30^{SEC}

reverse lunge press

45^{SEC}

plank arm kickback

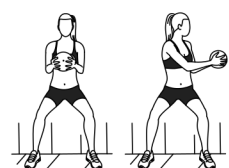


30^{SEC} + 30^{SEC}

split squat curl

60^{SEC}

wall sit rotation

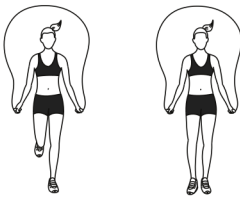


04

WORKOUT

Slimdown & Sculpt Workout

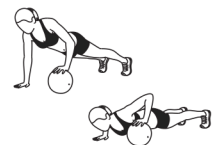
Start this full body workout with warm up 1 and finish with cool down 1. Repeat this circuit 3 times and rest for 60 seconds between sets.



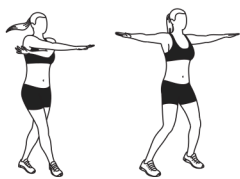
60^{SEC}

jump rope

45^{SEC}



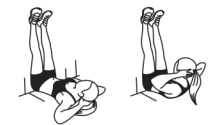
medicine ball push ups



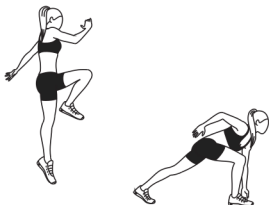
60^{SEC}

cross jacks

45^{SEC}



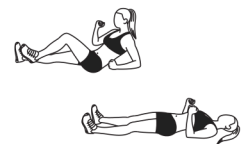
wall crunch



30^{SEC} + 30^{SEC}

jump start

45^{SEC}



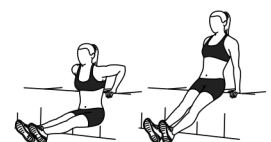
sprinter crunch



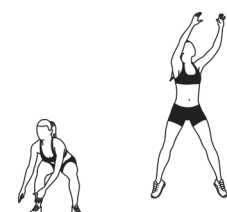
60^{SEC}

breakdancer kick

45^{SEC}



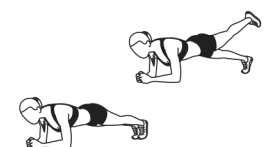
tricep dips



30^{SEC} + 30^{SEC}

basketball shots

60^{SEC}



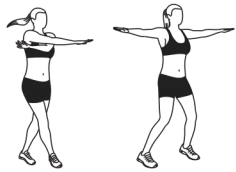
plank leg lifts

05

WORKOUT

Metabolism-Boosting Workout

Start this full body workout with warm up 1 and finish with cool down 1. Repeat this circuit 3 times and rest for 60 seconds between sets.

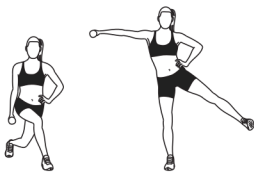
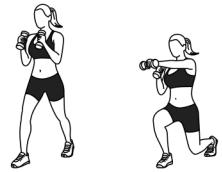


60^{SEC}

cross jacks

30^{SEC} + 30^{SEC}

lunge punch

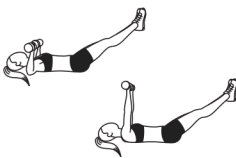
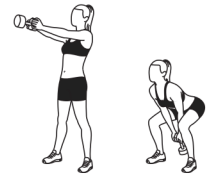


30^{SEC} + 30^{SEC}

curtsy lunge kick raise

45^{SEC}

dumbbell swing

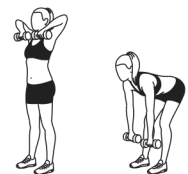


45^{SEC}

chest press legs up

60^{SEC}

deadlift wide row

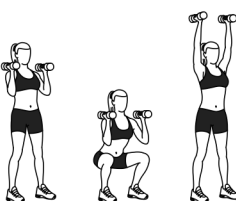
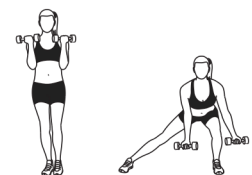


30^{SEC} + 30^{SEC}

reverse lunge press

60^{SEC}

side lunge curl

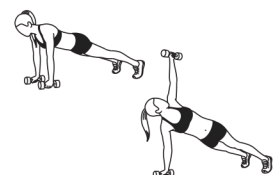


45^{SEC}

thrusters

45^{SEC}

plank rotation

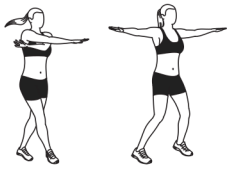


06

WORKOUT

Beach Bodyweight Circuit

Start this full body workout with warm up 1 and finish with cool down 1. Repeat this circuit 3 times and rest for 60 seconds between sets.

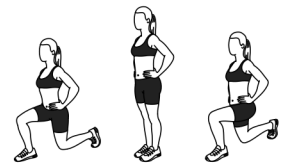


60^{SEC}

cross jacks

30^{SEC} + 30^{SEC}

front and back lunges

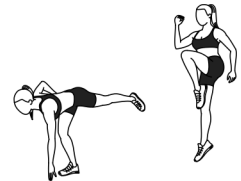


45^{SEC}

knee push ups

30^{SEC} + 30^{SEC}

touch and hop

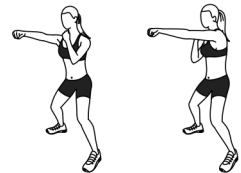


60^{SEC}

squat jacks

45^{SEC}

half squat jab cross

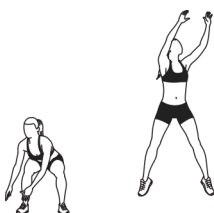
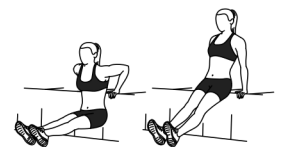


60^{SEC}

scissor skier

45^{SEC}

tricep dips

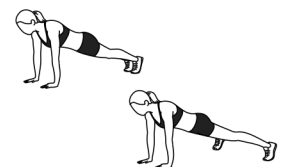


30^{SEC} + 30^{SEC}

basketball shots

45^{SEC}

plank jacks



01

WARM UP

Full Body Warm Up Routine

Complete 1 set of each exercise and continue with a full body workout. Finish with cool down 1.

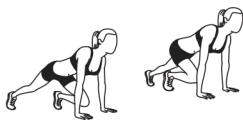
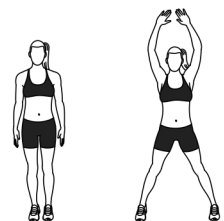


90^{SEC}

run in place

60^{SEC}

jumping jacks

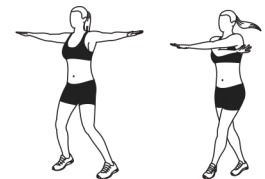


60^{SEC}

mountain climbers

60^{SEC}

cross jacks

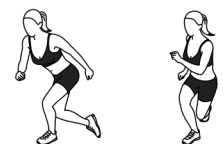


30^{SEC} + 30^{SEC}

basketball shots

60^{SEC}

skaters

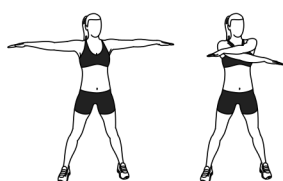
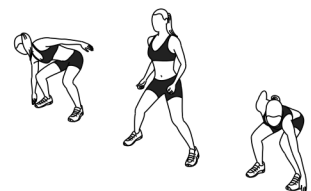


60^{SEC}

scissor skier

60^{SEC}

side shuffle

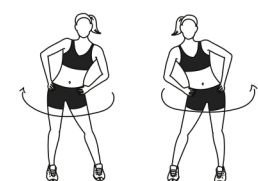


30^{SEC}

arm swings

30^{SEC} + 30^{SEC}

hip circles



01

COOL DOWN

Full Body Cool Down Routine

Start the workout with warm up 1, continue with a full body workout and finish with this set of static stretches.

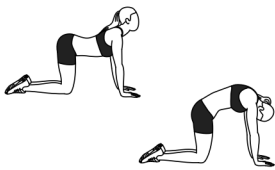


30^{SEC}

child's pose

30^{SEC}

ab stretch

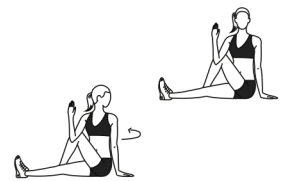


30^{SEC} + 30^{SEC}

cat-cow pose

30^{SEC} + 30^{SEC}

hip stretch



30^{SEC}

bound angle pose

30^{SEC}

lower back stretch

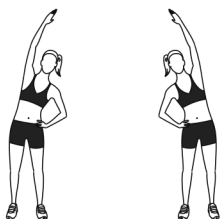


30^{SEC}

standing forward bend

30^{SEC} + 30^{SEC}

low lunge pose

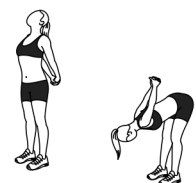


30^{SEC} + 30^{SEC}

obliques stretch

30^{SEC}

clasp hand forward fold





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