



FREE 7 DAY

BIKINI BOOTCAMP

STEP 1: *read this first*



DISCLAIMER

Not all exercises included in this program are suitable for everyone. Please consult with your physician before beginning. This generalized fitness plan was published by Super Sisters, LLC under the general instruction of two experienced certified personal trainers. All information herein is provided in good faith for educational purposes and is intended for healthy individuals with no medical conditions.

This program should not be attempted by anyone who is not in good health or who has a history of knee, shoulder or spinal (back or neck) problems. It is not appropriate for anyone with any injuries, health problems or other conditions that could be aggravated and/or exacerbated by low, moderate or high intensity physical exercise.

This warning is not to be discounted. There are many fitness alternatives out there for you if you have weaknesses, are prone to injuries or have other health conditions. If this applies to you, please consult with your doctor, physical therapist, personal trainer or a similar health professional in your area who can tailor a program specifically to meet your unique needs.

The materials and content contained in this program are for general fitness improvement and overall education; these guidelines are not intended to be a substitute for professional medical advice, diagnosis or treatment. This program was written for a generalized audience and as such, all individual questions should be presented to your personal health care professional.

The user assumes all risks of injury in the use of this program: minor, major and catastrophic. Your participation is entirely voluntary and at your own risk. Super Sisters, LLC and all of its associates and employees are in NO way liable or responsible for your actions or any outcomes that result from using the information provided herein. Super Sisters, LLC does not assume any risk for your use of this information.

This program and all content is copyright 2016 © Super Sisters, LLC. No part of this program may in any form or by any electronic, mechanical, photocopying, recording, or any other means be reproduced, stored in a retrieval system or be broadcast, sold or transmitted without the express written consent of the publisher, Super Sisters, LLC.



STEP 2: *take measurements*



HOW TO TRACK PROGRESS

There are 2 basic ways you will be tracking your progress:

- 1 CIRCUMFERENCE MEASUREMENTS
- 2 PROGRESS PHOTOS

THE SCALE PROBLEM

Did you know? Your weight can fluctuate up to 7 lbs. per day from normal food waste processes. Your **weight on a scale** is made up of this simple equation:

$$\begin{array}{l} \text{Lean Muscle Mass (LMM)} \\ + \text{Adipose Tissue (body fat)} \\ \hline \text{YOUR SCALE WEIGHT} \end{array}$$

This means that your scale weight is **not** an accurate reflection of real progress because it does not indicate how much **body fat you've lost** – the real marker of fitness success.

The more LMM you have, the higher your metabolism will be. So forget the scale and focus on putting more LMM in your body to **lower your body fat %**

For comprehensive instructions on how to take your measurements properly and what guidelines to follow each time for your photos (plus how often you should take them), please refer to the full **Bikini Bootcamp Programs**.



STEP 3: *get your mind right!*



RESPECT YOUR BODY

Regardless of your body type, the human body is an astounding organism. While participating in any of our programs (and after they end), it is our request that you **vow to treat yourself and your body with respect**. This means that throughout this program, there is to be **NO** negative self talk or self-punishing beliefs.

Do the best **YOU** can do, and remember the 3 T's:
THINGS TAKE TIME

The human body is meant to function as one beautifully complex organism. You will have ups & downs on your journey, but remember your motivation should always be to be healthy, happy and to find out what you're really capable of.

If you catch yourself getting down on yourself or beating yourself up over mistakes or bumps in the road, or if you ever find yourself blaming your lack of progress on genetics, environment, social influences or something else, you **MUST** replace these negative thoughts with positive affirmations and inspiring messages of achievement and progress.

Your mind is absolutely critical to your transformation. You do not have a choice what cards you get dealt, but you **DO** have a choice how you will play the hand.

It can help to post your favorite motivational quotes around your home, like on your bathroom mirror for example. We also **HIGHLY** recommend surrounding yourself with like-minded women while simultaneously avoiding "bad influences" in your life, people who just don't "get it" or support your goal to be healthy, fit and happy.



STEP 4: *warmup & cool down*



BEFORE & AFTER YOUR WORKOUTS

You MUST complete a proper warmup before starting any workout.

A warm-up prepares your body for your higher intensity workouts by gradually increasing your heart rate, preparing the nervous system for action, increasing core temperature (helping your body unload more oxygen from the blood to the muscles), increasing joint lubrication and range of motion, decreasing the chance of injury, and increasing overall blood flow to muscles.

Both speed and strength are enhanced by a proper warm-up. Your goal during any warm-up is to increase your core temperature; therefore, do NOT use static stretching during your warm-up because this is a passive activity with minimal friction of muscle filaments.

Great forms of low intensity cardio for a warm-up include: brisk walking (optional incline), biking, jumping jacks, etc. Complete at least 3-5 minutes of a cardio warm-up followed by a few dynamic stretches before working out.

Each workout should also be immediately followed by at least a 5-minute cool-down to safely decrease your heart rate back to normal. A cool-down can be a walk around the room, a steptap option side-to-side, a few "grapevines" with your feet or a few large reach & squat motions.

Cool-downs can help prevent fainting or dizziness and reduce muscle soreness. We recommend doing additional stretching immediately after your cool-down. After your workout your body and muscle tissue is already warm which can help you to avoid injury or strain. Check out our YouTube channel for full length stretching & yoga routines (youtube.com/gosupersisters).

Think of your warm-up as an "entrance ramp" to your workout and your cool-down as an "exit ramp." You need to include them both every time, without exception.



STEP 5: *start your workout*



PLEASE NOTE:

The following workouts can be done with or without equipment. If you are a beginner, we recommend not using any added weight until you first have full control over your own bodyweight.

If you're more advanced, feel free to add either dumbbells, medicine ball, or some other form of resistance to each exercise.

This Free 1-Week Trial includes similar workout routines to those found in the Bikini Bootcamp Programs, but please note they are slightly different than the full programs themselves which include much more comprehensive workouts.

This Free 1-Week Trial is designed as a "conditioning week," meant to prepare you for the full Bootcamp Programs ahead. Below you'll find a helpful Symbol Key that explains each symbol you'll find in the following pages.



Displays number of times you should complete the full workout circuit, depending on fitness level & experience.



Displays number of suggested repetitions for each exercise.



Displays name of each exercise and what order to do them in, plus any special instructions.



Check this box when you're done with each workout so you can help track your adherence!

THE WORKOUTS



DAY 1 - Lower Body

For comprehensive form instructions & step-by-step exercise descriptions, please reference the Glossary section of the Bikini Bootcamp Programs.

1 BODYWEIGHT SQUATS

50



2 CURTSY LUNGES (dumbbells optional)

20



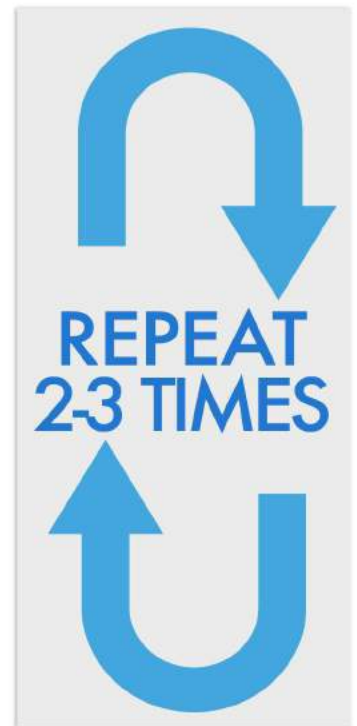
3 REVERSE LUNGE TWIST/PRESS (medicine ball optional)

30



4 LATERAL LUNGES (dumbbells optional)

20



CHECK THE
BOX WHEN
COMPLETE!



DAY 2 - Cardio Walking

For comprehensive form instructions & step-by-step exercise descriptions, please reference the Glossary section of the Bikini Bootcamp Programs.

CARDIO WALKING ROUTINE

2
mins.

Easy pace, no incline

5
mins.

Moderate pace, 10% incline

5
mins.

Moderate pace, 20% incline

10
mins.

Fast pace, 20-30% incline

5
mins.

Moderate pace, 15% incline

2
mins.

Slow pace, no incline

CHECK THE
BOX WHEN
COMPLETE!



THE WORKOUTS



DAY 3 - Upper Body

For comprehensive form instructions & step-by-step exercise descriptions, please reference the Glossary section of the Bikini Bootcamp Programs.

1 BODYWEIGHT PUSHUPS

10



2 HOLD PLANK

60
seconds



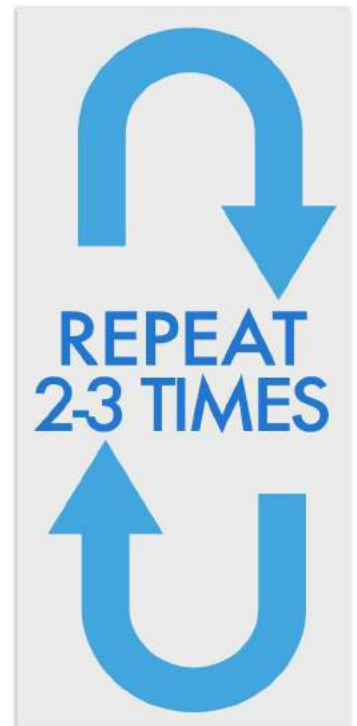
3 TRICEP DIPS (optional: raise 1 leg)

20



4 SHOULDER TAPS

50



CHECK THE
BOX WHEN
COMPLETE!



THE WORKOUTS



DAY 4 - Cardio Walking

For comprehensive form instructions & step-by-step exercise descriptions, please reference the Glossary section of the Bikini Bootcamp Programs.

CARDIO WALKING ROUTINE

2
mins.

Easy pace, no incline

5
mins.

Moderate pace, 10% incline

5
mins.

Moderate pace, 20% incline

10
mins.

Fast pace, 20-30% incline

5
mins.

Moderate pace, 15% incline

2
mins.

Slow pace, no incline

CHECK THE
BOX WHEN
COMPLETE!



THE WORKOUTS



DAY 5 - Total Body

For comprehensive form instructions & step-by-step exercise descriptions, please reference the Glossary section of the Bikini Bootcamp Programs.

1 MOUNTAIN CLIMBERS

30
seconds



2 ELBOW PLANK GLUTE RAISE

30



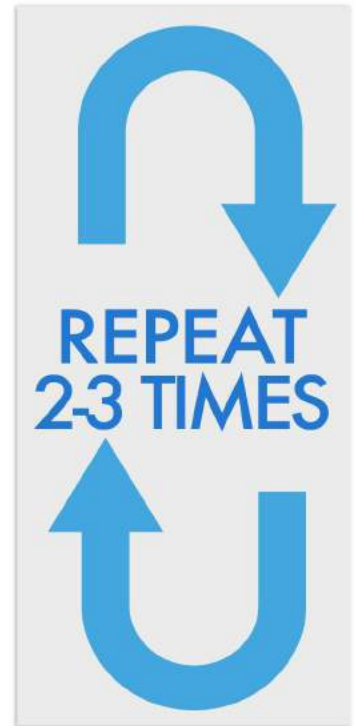
3 BICYCLE ABS

40



4 OBLIQUE PUSHUPS

10



CHECK THE
BOX WHEN
COMPLETE!



THE WORKOUTS



DAY 6 - Abs

For comprehensive form instructions & step-by-step exercise descriptions, please reference the Glossary section of the Bikini Bootcamp Programs.

1 TWISTING SIT-UPS

20



2 BICYCLE ABS

40



3 LEG LIFTS

15



CHECK THE
BOX WHEN
COMPLETE!



THE WORKOUTS



DAY 7 - Active Recovery

Today is considered your “rest” day. It’s important to always allow your body enough time each week to repair itself. After the last 6 days of workouts, you’ve earned some recovery time! :)

On your Active Recovery day you should still get moving, but keep it basic and easy. Some great options for today might include taking a 20-30 minute walk, doing 10-20 minutes of stretching and/or foam rolling, or taking a beginner yoga class at your local studio.

Today is also a great day to spend the time you *would have spent* working out to go do any grocery shopping or meal prep you need to do instead. Keep your momentum going by sticking to your workouts *and* eating better so you can see your hard earned results much faster.

Now that you’ve made it through the full “conditioning” week, purchase your Bikini Bootcamp Program so you can continue progressing your exercises, learning new trainer secrets and improving your fitness level through functional, progressive strength & circuit training.

Each 4-week program contains lots of educational resources, leaving you fully equipped with all the tools, skills, knowledge and resources you need to get and stay fit for life.

Thanks so much for giving this plan a whirl! We wish you continued success and are always here for you!



Your Trainers,
The Super Sisters

P.S. Don't forget to check in with us on Facebook, Instagram, Pinterest & YouTube – We post lots of free daily resources to help you stay motivated and keep working towards your goals the healthy, safe way.

CHECK THE
BOX WHEN
COMPLETE!





BONUS

HEALTHY RECIPES



CHOCOLATE BANANA SMOOTHIE

Makes 1 serving
GLUTEN FREE
HIGH PROTEIN

INGREDIENTS

2 small frozen bananas*
1 scoop protein powder (email us for
our recommendation)
1 cup unsweetened almond milk

METHOD

Place all ingredients in a blender and
blend until smooth. Great for a post-
workout treat!

*remove banana peel and cut into
pieces. Place in a plastic baggie and
freeze for at least 3-4 hours or until
frozen. Do not freeze the bananas
without removing the peel first!

We love to prep and store a big bag of
chopped bananas in the freezer for
smoothies!



HEALTHY PANCAKES

Makes 1 serving
GLUTEN FREE
ONLY 2 INGREDIENTS

INGREDIENTS

1 ripe banana
2 eggs

METHOD

Preheat a large pan on medium-low heat and lightly coat it with coconut oil cooking spray once hot.

In a small bowl, combine eggs and banana and mix well. We suggest using an immersion blender for this to really get a smooth "batter," but if you don't have one, you can also use a fork to mash the banana first, then whisk it all together. Pour your batter on the pan making approx. 4" pancakes and wait until the edges look done, then flip to do the other side. Top with blueberries, strawberries, unsweetened coconut flakes, nuts, or whatever else you'd like then drizzle with light syrup or honey.



GREEN GODDESS SMOOTHIE

Makes 1 serving
GLUTEN FREE
HIGH PROTEIN

INGREDIENTS

1 frozen banana*
1 cup blueberries, fresh or frozen
1 large handful spinach
1 cup unsweetened almond milk
2 tbs chia seeds
optional: 1 scoop protein powder

METHOD

Place all ingredients in a blender and blend until smooth. If you like a thicker smoothie, use less almond milk. If you like a runnier smoothie, use more almond milk.

*remove banana peel and cut into pieces. Place in a plastic baggie and freeze for at least 3-4 hours or until frozen. Do not freeze the bananas without removing the peel first!



SMOOTHIE BOWL

Makes 1 serving
GLUTEN FREE
GREAT FOR BREAKFAST

INGREDIENTS

2 frozen bananas
1 cup frozen blueberries
1 cup spinach
1 cup unsweetened almond milk
1 tbsp chopped almonds
2 tbsp shredded coconut
optional: 1 scoop vanilla protein powder
(email us for our recommendation)

METHOD

Place bananas, blueberries, spinach and almond milk in a blender with 3-4 ice cubes & blend until smooth.

Pour into a bowl and top with fruit of choice, almonds, goji berries, bee pollen, or coconut.



POWER SALAD

Makes 1 serving
GLUTEN FREE
HIGH PROTEIN

INGREDIENTS

3 cups mixed greens of choice
1 chicken breast, chopped*
1 tomato, diced
1 tbs pine nuts
2 tbs feta cheese
1/4 avocado, sliced
1 tsp extra virgin olive oil
2 tsp balsamic vinegar

METHOD

Place all ingredients in a bowl & toss.
Season with salt and pepper if desired.

Great option for dinner or an easy
lunch!

*omit chicken if vegetarian. Feel free to
replace with tofu, tempeh or black
beans.



CHICKEN TACOS

Makes 2 servings
GREAT FOR DINNER
HIGH PROTEIN

INGREDIENTS

1 yellow bell pepper, chopped
1 red bell pepper, chopped
1/2 yellow onion, chopped
1 tbsp olive or avocado oil
1 tbsp taco seasoning
2 tbsp cilantro
4 corn tortillas
1 avocado, sliced

METHOD

In a medium non-stick pan, sauté chicken in oil until cooked. Add in bell pepper and onion and stir until cooked and golden. Add taco seasoning and cilantro and let cook for 2-3 more minutes.

Place on warm corn tortillas, then top with avocado, tomato, more cilantro, cheese, salsa, etc!



AVOCADO HEAVEN SANDWICH

Makes 1 serving
GREAT FOR LUNCH
HEALTHY FATS
VEGETARIAN

INGREDIENTS

2 pieces sprouted multigrain bread
1/2 avocado, sliced
1/2 tomato, sliced
a few slices of cucumber
a few pieces of lettuce
optional: onion, mayo, pesto, any other toppings

METHOD

Toast bread until golden.

Then spread condiments on bread.
Layer all other ingredients, slice in half
and dig in!

Serve with a large side salad or any
veggies of choice.



BANANA ICE CREAM

Makes 1 serving
GREAT FOR DESSERT
GLUTEN FREE
VEGETARIAN

INGREDIENTS

2 frozen bananas*
optional: 1 tbsp peanut butter or 1 tbsp
melted dark chocolate

METHOD

Place all ingredients in a blender or
food processor and blend until
smooth.

*remove banana peel and cut into
pieces. Place in a plastic baggie and
freeze for at least 3-4 hours or until
frozen. Do not freeze the bananas
without removing the peel first!

WANT MORE RECIPES?

WHAT'S INCLUDED?

➔ Skinny Smoothies



Get 20 Easy, Fat Burning Smoothie Recipes. Whether you like fruity, green or dessert flavored smoothies, we've got you covered! This cookbook includes 20 simple, delicious, nutrient-packed smoothie recipes to satisfy any sweet tooth!

➔ Skinny Desserts



Nutrient-Packed Fat Burning Desserts – If you have a sweet tooth like us, you're in for a treat! These simple, all-natural dessert recipes will help you keep your sweet tooth in check so you can achieve all your health & fitness goals.

➔ Skinny Drinks



Get 26 Easy, Skinny Drink Recipes – This guide includes a handful of Super Sister-Approved "Skinny-fied" drink and cocktail recipes, everything from sodas to spirits.



FAT BURNING RECIPES FOR YOUR FITNESS LIFESTYLE

All the recipes included in these Skinny Cookbooks are based on REAL, unprocessed food!

These easy, quick meals taste amazing and will change your view of "healthy" food. If you're sick of eating the same foods every day, these recipes are for you!

Recipe books are digital files that can be printed, and GREAT for anyone using an ipad/tablet/mobile device in the kitchen.

GET YOUR GUIDES FOR EASY, SUSTAINABLE FAT LOSS

Get all 3 current Skinny Cookbooks, regularly \$44, for just \$27 when you buy all three!

BUY NOW



3 SIMPLE

BIKINI BODY TIPS



HOW TO GET BIKINI READY WITH 3 SIMPLE TIPS

You Probably Already Know Intuitively That Eating Real, Natural Food Is Just Flat Out Better For You...

It's Pretty Much Common Sense.

So how can eating better get you the bikini body you've always dreamed of?

To start, a whole food, plant-based diet teaches you not view your food as "good" or "bad."

Food is food. Food is fuel.

You see your food for what it is -- energy & nutrients.

This makes it much easier for you to make better, healthier choices about what to put in your body. The point is to detach your emotions from eating behaviors and decisions.

The more you focus on a "eating real foods first" mentality (and detach from the restrictive obsession of "good" vs "bad"), the easier it becomes to avoid unhealthy foods...

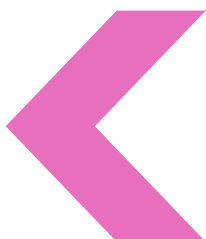
And the less you will experience "food temptation" in the first place.

Not to mention the benefits you'll see from eating a whole food, plant-based diet like a slim waist, glowing skin, reduction of cellulite, endless energy and so much more.

Now, let's get started...



HERE ARE THE 3 SIMPLE TIPS TO GET BIKINI READY FAST....



1. ELIMINATE JUNK FOR 7 DAYS



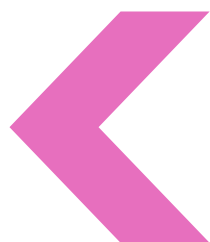
REAL FOOD VS. PROCESSED FOOD

	14 CELERY STICKS	=	1 FIBER ONE BAR	
	2 1/2 NAVEL ORANGES	=	1 1/2 BROWNIE BITES	
	1 CUP BABY CARROTS	=	2 FRENCH FRIES	
	3 BANANAS	=	1/16 PEPPERONI PIZZA	
	2 CUPS STRAWBERRIES	=	1 CUP CEREAL	

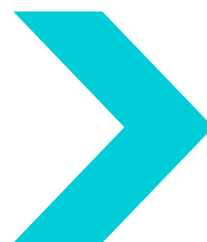
The easiest way to lose weight FAST and keep it off for good is to say bye-bye to processed junk!

Processed foods like white breads, pizzas, baked goods and chips are loaded with artificial ingredients that are wrecking havoc on your body's digestive system, leading to an increase of fat storage around your midsection.

The good news? When you're eating real, natural whole foods... you can eat a TON! That means no more restricting yourself or willpowering your way into self restraint when it comes to food.



2 WATER, WATER, WATER!

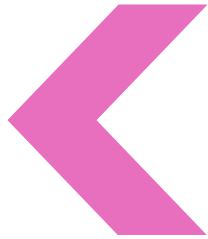


We can't say it enough — WATER! Water should be your new best friend for the week leading up to your bikini debut.

Your body is made up of more than 60% water. Needless to say, making sure you're staying hydrated is a MUST to lose weight. Water maintains the fluid balance in your body, which helps transport nutrients in the body, regulate body temperature, digest food, and more.

Plus, staying hydrated will help fight fatigue, keep hunger at bay and make your skin fresh and glowing.

ADD IN FRESH HERBS AND FRUIT TO SPICE UP YOUR WATER IF YOU'RE GETTING BORED. CHECK OUT THIS POST FOR SOME GREAT INFUSED-WATER RECIPES :)



3. DITCH THE ALCOHOL



Your body is constantly in a state of regeneration & repair fueled by what you're putting into your mouth. That means you are what you eat (and drink).

Sorry to say it but the alcoholic drinks have got to go!

Alcohol doesn't provide your body with the nutrients it needs and is essentially just "empty calories," especially when paired with sugary cocktail mixes. Plus it leads to bloating and fat storage, especially around the midsection. Not to mention, drinking often leads to dehydration and fatigue.

Cut the drinks for at least 1 week — you can do it!

SKIP THE DRINKS AND THEN YOU'LL HAVE SOME WIGGLE ROOM TO ENJOY YOURSELF AT THE BEACH



22 FAT-BURNING FOODS TO ADD TO YOUR SHOPPING LIST

Blueberries

Almonds

Watermelon

Oatmeal

Cinnamon

Apples

Broccoli

Lentils

Green Tea

Bananas

Coffee

Potatoes

Avocados

Oranges

Grapefruit

Chia Seeds

Coconut

Leafy Greens

Quinoa

Chili Peppers

Garlic

Asparagus



READY TO GET A BIKINI BODY —WITHOUT TREADMILLS, ELLIPTICALS OR CRAZY WORKOUTS?

Are you ready to shed fat and
reveal your Year-Round Bikini
Body?

As 2 certified trainers, we're about
to teach you exactly how to do it,
both safely and quickly...

Together we've helped over 10,000
women reach and maintain their fat
loss goals.

[Find out how to get started here.](#)