



BODY NOVA FITNESS COACHING'S

Bikini Body Transformation Guide

When most women make their attempt at achieving a body that turns every head at the beach, or in the pool, they make many critical mistakes. The first of which is the fear of gaining muscle. They fear that they will instantly turn into the women professional bodybuilders that they've seen in the magazines. This is an emotional ploy so that fitness experts can sell you trends, instead of programs that deliver results. Think about it for a second. Most of the guys at the gym that train with "heavy" fail to look as muscular as those woman (those guys might fail to use enough PED's). You can look at examples of women that train hard everywhere on the internet, but they don't look like pro bodybuilders. So they avoid the hard training required to succeed. So if you want to avoid sweating, or ruining your makeup during your workouts, this book definitely ain't for you. But, if you're truly looking for ways to achieve better fitness, while looking great in 6-months, this program should be right up your alley. Another common mistake (and this isn't exclusive to women) is that they fail to advance their fitness programs to make sure that they continue making progress.

With this program, I tend to fix a few of those common mistakes that people make, as well as combine traditional resistance training exercises with HIIT exercises, in order to contribute to your fat loss, while maintaining, if not slightly increasing lean body mass, which will add shape. All that's left for you to do is take care of your nutrition. We have a nutrition guide that goes well with this program, as well as a glute specialization program (Build-A-Bangin' Booty Program), for those that also want to add size and shape to their Glutes.

Month 1
Day 1
Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	4	6-8	31X1	---	
A2) Banded Rows	4	AMRAP	Explosive	90 sec	Perform as many reps as possible within 45 seconds.
B1) Rope Pressdowns	4	6-8	31X0	---	
B2) Rope Kickbacks	4	15-20	20X1	75 sec	This can also be a banded kickback with a 45-second timed set.
C1) Lat Pulldowns	3	8-10	40X1	----	
C2) Ball Slams	3	12-15	Explosive	75 sec	Kneeling
D1) Overhead Triceps Extensions	3	8-10	22X0	---	
D2) Push Ups	3	AMRAP	Explosive	75 sec	Hands on bench, or step, and close together. Perform as many reps as possible within 30 sec. Can also be Bench Dips.
E) Ground & Pound	3	AMRAP	---	60 sec	As many reps as possible within 45 seconds.

Day 2
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Leg Curls	3-4	6-8	40X1	---	
A2) Kettlebell Swings	3-4	15-20	Explosive	75 sec	
B1) Jump Squats	3-4	6-8	Explosive	---	
B2) Leg Press	3-4	10-12	31X0	75 sec	
C1) Stiff Legged Deadlifts	3-4	10-12	40X0	---	
C2) Swiss Ball Leg Curls	3-4	15-20	30X0	75 sec	You can sub cable pull-throughs for this.
D1) Bulgarian Squats	3	12-15	31X0	---	
D2) Leg Extensions	3	8-10	30X1	75 sec	Can also be Backwards Cable Drags, or Backwards sled drags.
E) Alternating Ball Toss	4	10-12	Explosive	60 sec	

Day 3
Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Shoulder Press	3-4	8-10	40X0	---	
A2) Crawl & Drag	3-4	6-8	---	75 sec	
B1) Lateral Raise	3-4	10-12	21X1	---	
B2) Inchworm	3-4	8-10	---	---	
B3) Bicycle Crunch	3-4	20-25	----	90 sec	
C1) Standing Calf Raise	4	10-12	21X1	---	
C2) Toe Hops	4	30-40	Explosive	60 sec	
D) Reverse Flyes	4	10-12	30X1	60	With DB's. Thumbs down.

Day 4
Chest & Biceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Bench Press	3-4	8-10	40X0	---	
A2) Banded Punching	3-4	AMRAP	40 sec	75 sec	Throw as many punches (hooks) as possible within 45 seconds.
B1) Preacher Curls	3-4	8-10	21X1	---	
B2) Banded Curls	3-4	AMRAP	Explosive	75 sec	Perform as many reps as possible within 40 seconds.
C1) Incline Bench Press	3-4	8-10	31X0	----	
C2) Alternating Hand Step ups	3-4	10-12	----	90 sec	
D) Incline Curls	4	10-12	21X1	50 sec	

Month 2

Day 1
Back & Triceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lat Pulldowns	3-4	6-8	40X0	---	Wide Pronated Grip
A2) Ball Slams	3-4	10-12	Explosive	---	Use a Heavy Ball
A3) Lat Pulldowns	3-4	15-20	20X1	90 sec	Reverse Grip
B1) Triceps Extensions	3-4	8-10	31X0	---	With DB's
B2) Bench Dips	3-4	15-20	30X0	---	
B3) Triceps Extensions	3-4	8-10	31X0	90 sec	
C1) 1 ¼ Rows	3-4	6-8	30X0	---	
C2) Renegade Rows	3-4	10-12	20X2	---	
C3) Banded Rows	3-4	AMRAP	40 sec.	90 sec	As many reps as possible within 40 seconds.
D1) Triceps Pressdowns	3	8-10	31X0	---	These can also be done with rope.
D2) Overhead Triceps Extensions	3	8-10	31X0	---	Can be also be done with rope.
D3) Triceps Pressdowns	3	15-20	20X0	90 sec	

Day 2
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hamstring Prey Contractions	3-4	1	60-sec holds	---	
A2) Deadlifts	3-4	10-12	Explosive	---	Can also be Stiff Legged Deadlifts
A3) Hamstring Drags	3-4	8-10	----	90 sec	This can be done with cables or using a sled.
B1) Jump Squats	3-4	8-10	Explosive	---	
B2) Low Pulley Split Squats	3-4	10-12	30X0	---	
B3) Cable Backwards Drags	3-4	8-10	---	90 sec	
C1) Leg Curls	3	6-8	30X0	---	
C2) Kettlebell Swings	3	15-20	----	90 sec	
D) Leg Extensions	4	8-10	30X1	60 sec	

Day 3
Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Overhead Ball Toss	3-4	8-10	Explosive	---	Or Thrusters
A2) DB Shoulder Press	3-4	10-12	30X0	---	
A3) Inchworm	3-4	6-8	----	90 sec	
B) Seated Calf Raises	4	15-20	21X1	60 sec	
C1) Reverse Flyes	3-4	10-12	30X0	---	
C2) Lateral Raises	3-4	10-12	20X1	60 sec	
D1) Bicycle Crunches	3	20-25	As Fast as possible	---	
D2) Serrano Tosses	3	10-12	Explosive	90 sec	

Day 4
Chest & Biceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	3-4	8-10	41X0	---	
A2) Incline Flyes	3-4	10-12	30X0	---	
A3) Banded Punching	3-4	1	40 sec	2 min	Throw as many punches possible in 40 seconds. Increase by 5 seconds every week.
B1) Incline Curls	3-4	8-10	31X1	----	
B2) DB Curls	3-4	10-12	30X0	---	w/twist
B3) Banded Curls	3-4	1	40 sec	----	Perform as many banded curls as possible within 40 seconds. You may need to stand on the band to provide tension
C1) Bench Press	3	8-10	40X0	---	w/DB's, neutral grip
C2) Alternating Hand Step-ups	3	10-12	Explosive	90 sec	
D) High Pulley Cable Curls	3	15-20	20X1	40 sec	

Month 3

The sets during this workout are performed with the variable muscle action concept. The sets are to be performed with a weight that's ½ (50% of the maximum weight you can lift for 1-Rep) You perform the first part of the set with slow reps performed at a 3030 tempo. Then you'll perform 1, 15-second hold in either the midrange (middle of rep) or at the fully contracted portion of the movement. The part 3 (or the 3rd exercise) of the tri-set is performed as an explosive rep, being performed as fast as safely possible.

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	3-4	8-10	3031	----	
A2) Cable Rows	3-4	1	15-sec Hold	----	Fully Contracted
A3) Cable Rows	3-4	10-12	---	75 sec	
B1) Bench Dips	3-4	10-12	3030	---	Or Dip Machine
B2) Bench Dips	3-4	1	15-sec Hold	---	Perform the hold ½-way through the range of motion.
B3) Bench Dips	3-4	10-12	----	75 sec	
C1) Lat Pulldowns	3-4	8-10	3030	---	Wide Pronated Grip.
C2) Lat Pulldowns	3-4	1	15-sec Hold	---	Wide Pronated Grip
C3) Lat Pulldowns	3-4	8-10	---	75 sec	Wide Pronated Grip
D1) Triceps Pressdown	3-4	10-12	3030	---	
D2) Triceps Pressdown	3-4	1	15-sec Hold	---	Perform the hold ½-way through the range of motion
D3) Triceps Pressdowns	3-4	8-10	---	75 sec	

Day 2

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Bulgarian Squats	3-4	10-12	3030	---	Perform the whole sequence on 1-Leg before switching legs.
A2) Bulgarian Squats	3-4	1	15-Sec Hold	---	
A3) Bulgarian Squats	3-4	10-12	----	2 Min	
B1) Glute Bridge	3-4	10	20X4	---	
B2) Glute Bridge	3-4	1	15-sec Hold	---	
B3) Glute Bridge	3-4	8-10	---	90 sec	
C1) Leg Press	3-4	8-10	3030	---	
C2) Leg Press	3-4	1	15-sec Hold	---	
C3) Leg Press	3-4	10-12	---	90 sec	
D1) Stiff Legged Deadlift	3-4	8-10	3030	--	
D2) Stiff Legged Deadlift	3-4	1	15-sec Hold	---	Perform the hold in the middle of the range of motion
D3) Kettlebell swings	3-4	15-20	---	90 sec	

Day 3
Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Shoulder Press	3-4	10-12	3030	---	
A2) DB Shoulder Press	3-4	1	15-sec Hold	---	
A3) DB Shoulder Press	3-4	8-10	---	90 sec	
B1) Seated Calf Raise	3-4	10-12	3030	---	
B2) Seated Calf Raise	3-4	1	15-Sec Hold	---	
B3) Seated Calf Raise	3-4	8-10	---	90 sec	
C1) Incline Lateral Raises	3-4	8-10	3030	----	
C2) Incline Lateral Raise	3-4	1	15-Sec Hold	----	Can also be Cable Lateral Raises
C3) Lateral Raises	3-4	8-10	---	90 sec	
D1) Reverse Flyes	3-4	8-10	3021	---	
D2) Reverse Flyes	3-4	1	15-sec Hold	---	
D3) Reverse Flyes	3-4	10-	12	90 sec	

Day 4
Chest & Biceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) DB Bench Press	3-4	10-12	3030	---	
A2) DB Bench Press	3-4	1	15-Sec Hold	---	
A3) DB Bench Press	3-4	8-10	---	90 sec	
B1) Barbell Curls	3-4	10-12	3030	---	
B2) Barbell Curls	3-4	1	15-Sec Hold	--	
B3) Barbell Curls	3-4	8-10	----	90 sec	
C1) Incline Bench Press	3-4	8-10	3030	---	Can also be Incline Cable Crossover for this series.
C2) Incline Bench Press	3-4	1	15-sec Hold	---	
C3) Incline Bench Press	3-4	10-12	---	90 sec	
D1) Spider Curls	3-4	10-12	3030	---	
D2) Spider Curls	3-4	1	15-Sec Hold	---	Perform hold in fully contracted position.
D3) Spider Curls	3-4	8-10	---	90 sec	Top ½ range of motion.

Month 4
20-15-10

When performing these workouts, you'll perform an extended superset. For example, if A1 reads "20, 15, 10" in the reps column, and A2 reads 10, 10, 10, you'll perform 20 reps of A1, the 10 reps, of A2, then 15 reps of A1, and 10 reps of A2, and finish with 10 reps of A1, and 10 reps of A2, before resting. The weights will usually need to drop by 10% from set to set.

Day 1

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Lat Pulldown	3-4	20, 15, 10	30X0	---	
A2) Ball Slams	3-4	10, 10, 10	---	2 Min	
B1) Overhead Triceps Extension	3-4	20, 15, 10	21X0	---	
B2) Close Grip Push-Ups	3-4	12, 12, 12	30X0	90 sec	
C1) Cable Rows	3-4	20, 15, 10	30X0	---	Can also be T-Bar or Machine Rows
C2) Banded Rows	3-4	15, 15, 15	---	2 min	Hard ½ of the range of motion.
D1) Triceps Extension	3-4	15, 12, 8	30X0	---	With DB's or cables.
D2) Triceps Pressdowns	3-4	15, 12, 8	30X0	90 sec	
E1) Renegade Rows	3-4	12-15	20X1	---	
E2) Bicycle Crunch	3-4	20-25	---	60 sec	

Day 2
Legs

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Low Pulley Split Squats	3	20, 15, 10	30X0	---	
A2) Burpees	3	12, 10, 8	30X0	2 Min	
B1) Stiff Legged Deadlift	3	20, 15, 10	30X0	---	
B2) Glute Bridge	3	15, 12, 8	10X3	2 min	
C1) Goblet Squats	2-3	20, 15, 10	30X0	---	
C2) Leg Extensions	2-3	15, 12, 8	20X1	2 min	
D1) Leg Curls	2-3	8, 8, 8	40X0	---	
D2) Kettlebell Swings	2-3	20, 15, 15	---	2 min	

Day 3
Shoulders & Calves

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Shoulder Press	3	15, 12, 8	30X0	---	
A2) Inchworm	3	8, 6, 6	---	2 Min	
B1) Lateral Raise	3	15, 12, 8	30X0	---	
B2) Crawl & Drag	3	7, 7, 7	---	2 min	Each side
C1) Banded Reverse Flyes	2-3	20, 15, 10	---	---	
C2) Reverse Flyes	2-3	12, 10, 8	20X1	90 sec	
D) Standing Calf Raise	8	8	20X1	30 sec	
E1) W-Press	2-3	20, 15, 10	40X0	---	The E exercises are optional.
E2) Front Raise	2-3	20, 15, 10	---	2 min	

Day 4
Chest & Biceps

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	3	15, 12, 8	30X0	---	
A2) Push-up Shuffle	3	6, 6, 6	30X0	2 Min	Each Side
B1) Banded Curls	3	20, 15, 10	---	---	
B2) Incline Curls	3	15, 12, 8	10X3	2 min	
C1) Toe Touch Plank	2-3	20, 15, 10	30X0	---	
C2) Alternating Hand Step-ups	2-3	12, 12, 8	---	2 min	
D1) Cable Crossover	2-3	15, 12, 8	30X0	----	
D2) Barbell Curls	2-3	15, 12, 8	30X0	90 sec	

Month 5
Back & Triceps

Exercise	Rep Max	Reps Performed	Tempo	Time	Notes
A1) Lat Pulldowns	12	8	31X0	12 min	
A2) Renegade Rows	10	7	21X1		
A3) Overhead Triceps Extensions	15	10	22X0		
B1) Cable Rows	12	8	30X1	12 min	
B2) DB Triceps Extensions	12	8	31X0		Can also be Push-ups w/close grip
B3) Ball Slams	12	8	---		
C1) Burpees	15	10	---	10 min	
C2) Cable Pullover	12	8	30X1		

Day 2
Legs

Exercise	Rep Max	Reps Performed	Tempo	Time	Notes
A1) Jump Squats	12	8	31X0	12 min	
A2) Swiss Ball Leg Curls	15	10	40X0		OR Suspension Leg Curls
A3) V-Ups	15	10	22X0		
B1) Leg Press	15	10	31X0	12 min	
B2) Stiff Legged Deadlift	15	10	30X1		OR any other deadlift
B3) Box Jump Over	12	8	31X0		Can also be done with a step.
C1) Reverse Crunch	20	15	30X0		On a slight incline
C2) Med Ball Woodchoppers	15	10	---	10 min	

Day 3
Shoulders & Calves

Exercise	Rep Max	Reps Performed	Tempo	Time	Notes
A1) DB Shoulder Press	12	8	31X0	12 min	Neutral Grip
A2) Reverse Flyes	12	8	21X1		w/DB's. Thumbs Down
A3) Farmers Walk	---	2	22X0		Walk a total of 50-60 yards
B1) Lateral Raise	12	8	30X1	10 min	
B2) Seated Calf Raises	12	8	31X0		Can also be Push-ups w/close grip
B3) Inchworm	12	6	---		
C1) Battle Ropes	12	8	---	10 min	
C2) Overhead Ball Toss	12	8			

Day 4
Chest & Biceps

Exercise	Rep Max	Reps Performed	Tempo	Time	Notes
A1) Incline Curls	12	8	31X0	12 min	
A2) Incline Bench Press	12	8	30X1		
A3) Chest Pass	15	10	---		Can also be done with a med ball either lying on your back, or facing the ground.
B1) Push-Up Shuffle	12	8	30X1	12 min	
B2) Hammer Curls	12	8	31X0		Can also be Barbell or Reverse Curls
B3) Alternating Hand Step-Ups	15	10	---		
C1) High Knee Sprints	12	8	---	12 min	
C2) Toe Touch Plank	20	15	----		

Ab Exercises

http://www.youtube.com/playlist?list=PLNd91v5abDc_K351heVKzYLouv7z0vGDn

Biceps Exercises

<http://www.youtube.com/playlist?list=PLNd91v5abDc8PUGAGcWiKGUy8xQYoWm5->

Chest Exercises

<http://www.youtube.com/playlist?list=PLNd91v5abDc9Xx5T1osVfnRH72EX8rZbp>

Important Workout Basics

<http://www.youtube.com/playlist?list=PLNd91v5abDc9ypZtUbpZqU5E0TSTnNND9>

Legs

<http://www.youtube.com/playlist?list=PLNd91v5abDc94kkr1PhrUYGo2VdOQN0Ye>

Shoulders

http://www.youtube.com/playlist?list=PLNd91v5abDc-_L1VFhDMPHmJFo5fRL0Na

Triceps

http://www.youtube.com/playlist?list=PLNd91v5abDc_EFhhUbz1_nWVuC1eNNe4S

Upper Back

http://www.youtube.com/playlist?list=PLNd91v5abDc-qoPJgTd_tDXigSYVWkptP

Workout Concepts

<http://www.youtube.com/playlist?list=PLNd91v5abDc9aPNopN28NyCIIXti7ogev>