

APEX NUTRITION

12 WEEK BIKINI PREP

Train Like The Best



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Advanced Level training for those looking to
achieve the best results!



APEX Nutrition

Bikini Prep Workout Program

Release Your APEX!

Workout Description

This program can be used as a competition prep program, or for anyone looking to get in shape.

Goal: Fat Loss	Time Per Workout: 30-90 Mins
Training Level: Intermediate	Equipment: Barbell, Cables, Dumbbells
Program Duration: 12 Weeks	
Days Per Week: 4 Days	

Day 1: Shoulders

Exercise	Sets	Reps	Rest
Arnold Press	5	8	40 Secs
Smith Machine Shoulder Press	5	8	10-15 Secs
Strict Overhead Press	5	8,5,3,5, Failure	1-2 Mins
Single Arm Lateral Machine Press	5	8	Alternate
Partial Lateral Raise	3	Failure	Alternate

Day 2: Back

Exercise	Sets	Reps	Rest
Lat Pull Down	5	8	40-60 secs
Hammer Strength High Row Machine	5	8	40-60 secs
Underhand Barbell Row	5	8	40-60 secs
Rear Delt Fly Machine	5	8	40-60 secs
Lying Dumbbell Pullover	2	50	40-60 secs

Day 3: Legs

Exercise	Sets	Reps	Rest
Box Squats	3	12	2-3 mins
Deadlifts	3	12	2-3 mins
Reverse Hack Squat	3	12	2-3 mins
Goblet Squat	5	8	2-3 mins
Squat Jumps	5	8	40-60 secs
Glute Bridges	2	Failure	40-60 secs

Day 4: Arms

Exercise	Sets	Reps	Rest
EZ Bar Curls	5	8	40 secs
Alternating Dumbbell Curls	5	8	40 secs
Straight Bar Triceps Press down	5	8	40 secs
Tricep Cable Overhead Extension	5	8	40 secs
Rope Tricep Press down	3	8	40 secs
5 Secs Isometric Bicep Contractions	3	8	No Rest

