

MYTH BUSTED:

GET THAT AMAZING SUMMER BODY
IN JUST 1 MONTH!



SQUAT JUMPS

THIS SQUAT VARIATION WILL TARGET YOUR CALVES, GLUTES, HAMSTRINGS, CORE, AND QUADRICEPS.

1. Begin in a squatting position. Lower your body as much as you can.
2. Bend your knees and assume the position of sitting down. Make sure your thighs are parallel to the ground.
3. Launch your body upwards. Lift your hands above your head as you jump into the air.
4. Land in the same position.
5. Do 3 sets in 1 minute.



REVERSE LUNGE

THE REVERSE LUNGE WILL EMPHASIZE THE MUSCLES IN YOUR GLUTES, HAMSTRINGS, AND QUADS.

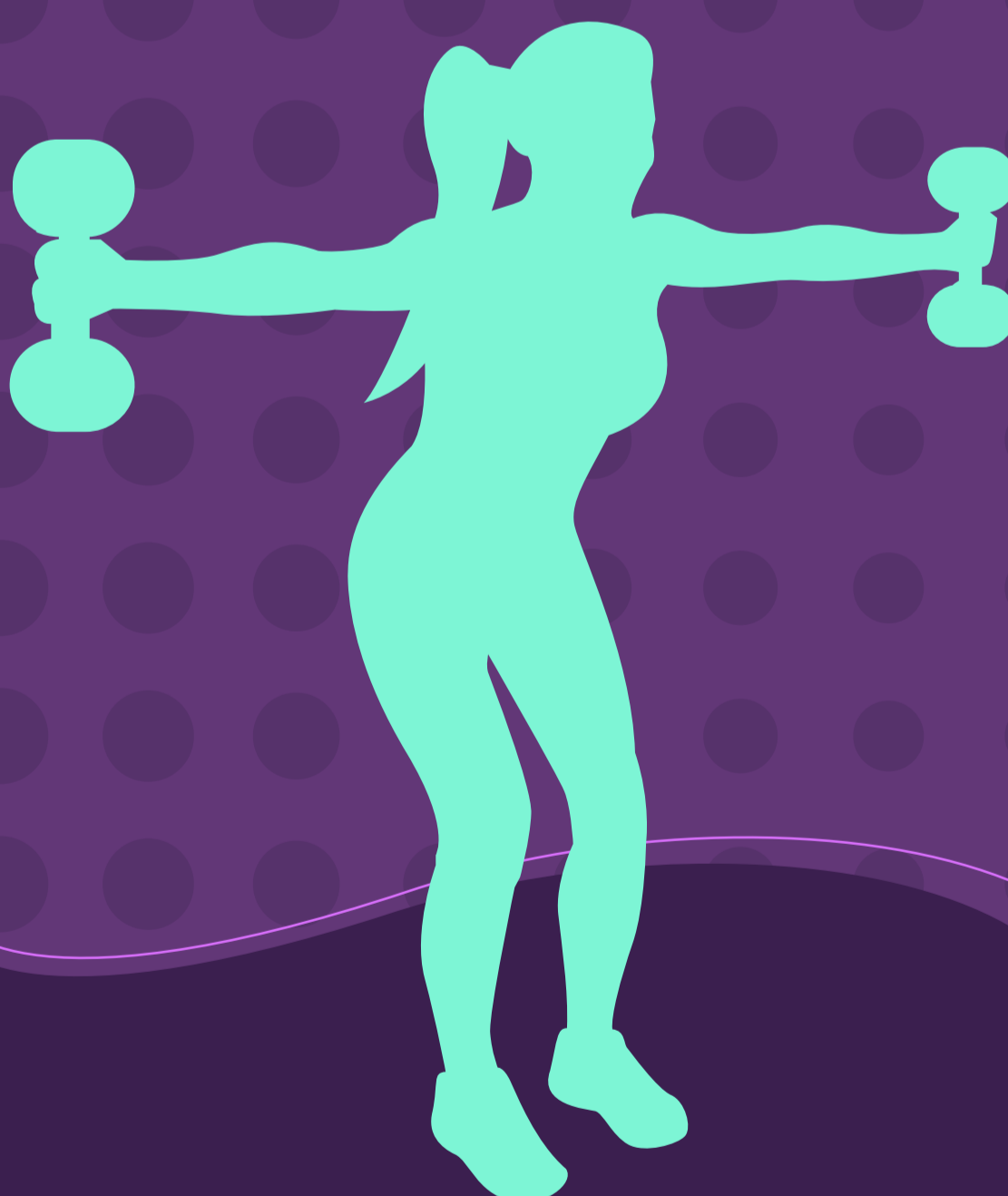
1. Stand with your feet hip-width apart. Place your hands on your hips.
2. Lunge backward using one leg by lowering down on the other leg until your knee almost touches the floor. Make sure that your front foot is directly below your knee.
3. Push back and raise up to your starting position.
4. Repeat with the other leg.
5. Do 3 sets, making sure that you only do it for 30 seconds per leg.



SQUAT DUMBBELL OBLIQUE RAISES

THIS WORKOUT WILL FOCUS ON YOUR SHOULDERS AND YOUR SIDES.

1. Start by lifting a dumbbell in each hand. Hold them out to your sides.
2. Keep your elbows close to your sides.
3. Flex the back of your shoulders. Rotate the dumbbells outwards with your elbows still close to your sides.
4. Position the dumbbells in front of you until they touch.



REAR DELTOID ROTATIONS

THIS COMPLEX FITNESS MOVE WILL WORK NEARLY EVERY MUSCLE IN YOUR BODY ESPECIALLY YOUR CORE. THIS WILL HELP YOU BURN TONS OF CALORIES AS WELL.

1. Hold a dumbbell in each hand, then put your hands in front of you. Place your feet shoulder-width apart and then squat downwards.
2. Tense your glutes to move up. Use your momentum and then raise the two dumbbells over your head. As you do this, twist to your side by tensing your obliques.
3. Slowly do the motion in reverse—bring your hands back down and then squat into your starting position.
4. This workout is effective for 3 sets, with 30 seconds per side.

KEY TAKEAWAY

Remember that getting your amazing summer body in a month will not be possible without the proper diet to balance your workouts with. Additionally, pair your high-intensity workout with proper hydration. When you do all these successfully, you can now hit the beach with a summer bod that is sure to turn heads your way!

REFERENCES

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