

BIKINI SPRING FLING

A full body toning + HIIT + mystery WOD 31-day fitness challenge by Sea Shells and Sit Ups with Shelley and Shelby
 #BIKINISPRINGFLING | SEASHELLSANDSITUPS.COM | @TIU_SHELLEY | @SHELBYSFITLIFE | @SEASHELLSANDSITUPS

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1	WOD	2	SKI BOD WOD	3		4	WOD WED.	5		6	HIIT THE WEEKEND	7	
FIND ON INSTA! @TIU_SHELLEY @SHELBYSFITLIFE		FIND ON INSTA! @TIU_SHELLEY @SHELBYSFITLIFE		25 BICYCLES 20 SIT UPS 10 DB SIDE BENDS 10 BENDING TREES		10 MERMAID TAILS 10 SUMO SQUATS 10 BURPEES 10 DB TWISTS REPEAT 4 TIMES		10 SIDE PLANK PULLS 30 SECOND PLANK 10 PLANK TUCKS 10 PLANK TWISTS 10 PLANK PUSH UPS		FIND ON INSTA! @TIU_SHELLEY @SHELBYSFITLIFE		10 SIDE CRUNCHES 10 MTN. CLIMBERS 10 STANDING CRUNCHES 10 OVERHEAD PRESS	
8	WOD	9	SKI BOD WOD	10		11	WOD WED.	12		13	HIIT THE WEEKEND	14	
FIND ON INSTA! @TIU_SHELLEY @SHELBYSFITLIFE		FIND ON INSTA! @TIU_SHELLEY @SHELBYSFITLIFE		35 BICYCLES 30 SIT UPS 20 DB SIDE BENDS 20 BENDING TREES		20 MERMAID TAILS 20 SUMO SQUATS 20 BURPEES 20 DB TWISTS REPEAT 3-4 TIMES		20 SIDE PLANK PULLS 40 SECOND PLANK 20 PLANK TUCKS 20 PLANK TWISTS 20 PLANK PUSH UPS		FIND ON INSTA! @TIU_SHELLEY @SHELBYSFITLIFE		20 SIDE CRUNCHES 20 MTN. CLIMBERS 20 STANDING CRUNCHES 20 OVERHEAD PRESS	
15	WOD	16	SKI BOD WOD	17		18	WOD WED.	19		20	HIIT THE WEEKEND	21	
FIND ON INSTA! @TIU_SHELLEY @SHELBYSFITLIFE		FIND ON INSTA! @TIU_SHELLEY @SHELBYSFITLIFE		45 BICYCLES 40 SIT UPS 25 DB SIDE BENDS 25 BENDING TREES		30 MERMAID TAILS 30 SUMO SQUATS 30 BURPEES 30 DB TWISTS REPEAT 3-4 TIMES		40 SIDE PLANK PULLS 60 SECOND PLANK 40 PLANK TUCKS 40 PLANK TWISTS 40 PLANK PUSH UPS		FIND ON INSTA! @TIU_SHELLEY @SHELBYSFITLIFE		25 SIDE CRUNCHES 30 MTN. CLIMBERS 25 STANDING CRUNCHES 25 OVERHEAD PRESS	
22	WOD	23	SKI BOD WOD	24		25	WOD WED.	26		27	HIIT THE WEEKEND	28	
FIND ON INSTA! @TIU_SHELLEY @SHELBYSFITLIFE		FIND ON INSTA! @TIU_SHELLEY @SHELBYSFITLIFE		55 BICYCLES 50 SIT UPS 30 DB SIDE BENDS 30 BENDING TREES		40 MERMAID TAILS 40 SUMO SQUATS 40 BURPEES 40 DB TWISTS REPEAT 3-4 TIMES		40 SIDE PLANK PULLS 60 SECOND PLANK 40 PLANK TUCKS 40 PLANK TWISTS 40 PLANK PUSH UPS		FIND ON INSTA! @TIU_SHELLEY @SHELBYSFITLIFE		30 SIDE CRUNCHES 40 MTN. CLIMBERS 30 STANDING CRUNCHES 30 OVERHEAD PRESS	
29	WOD	30	SKI BOD WOD	31	YOU HIIT THE END!	FINAL WORKOUT - ADD WITH 'HIIT THE END' ROUTINE							
FIND ON INSTA! @TIU_SHELLEY @SHELBYSFITLIFE		FIND ON INSTA! @TIU_SHELLEY @SHELBYSFITLIFE		FIND ON INSTA! @TIU_SHELLEY @SHELBYSFITLIFE		60 BICYCLES 60 SIT UPS 35 DB SIDE BENDS 35 BENDING TREES 45 MERMAID TAILS 45 SUMO SQUATS		45 BURPEES 45 DB TWISTS 45 SIDE PLANK PULLS 70 SECOND PLANK 45 PLANK TUCKS 45 PLANK TWISTS		45 PLANK PUSH UPS 35 SIDE CRUNCHES 45 MTN. CLIMBERS 35 STANDING CRUNCHES 35 OVERHEAD PRESS 10 PUSH UPS			

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