



LEG WORKOUT



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Welcome to our Free Workout Plan. The Bikini Coach is a team of all female athletes made up of Professional & Top Level Amateur Bikini Athletes helping our female only community build their dream physiques and achieve the best bikini athlete results!

We are the UK's First & Only All Female Coaching Team and we love helping our clients achieve their true potential!

The coaches at The Bikini Coach have created this free workout for you!

We hope you enjoy the killer workout & building the best bikini girl legs

Watch a full video tutorial of every exercise

[WATCH HERE](#)

EXERCISE	SETS	REPS	TEMPO	NOTES
DYNAMIC STRETCH WARM UP				
TRIPLE ANGLE KICKBACK	1	16-18	2 SEC NEG	
	2	14-16	2 SEC NEG	
ABDUCTOR (SAT FORWARDS POSITION)	1	8-10	2 SEC NEG	4 SETS OF 6 REPS WITH ONLY 10 SECONDS REST BETWEEN EACH
	2	4 x 6 MUSCLE ROUND	2 SEC NEG	
SMITH HIP THRUST	1	8-10	2 SEC NEG	
	2	12-14	2 SEC NEG	
SMITH MACHINE BULGARIAN SPLIT SQUAT	1	8-10	3 SEC NEG	
	2	10-12	3 SEC NEG	
LYING HAM CURL	1	8-10	3 SEC NEG	
	2	12-14	3 SEC NEG	
SMITH REVERSE HYPEREXTENSION	1	10-12		
	2	12-14		

INTERESTED IN JOINING THE BIKINI COACH?



For more info on our services just click the link below and fill out our short enquiry form

[ENQUIRY FORM](#)

Upon completion our client coordinator Catherine will be in contact to discuss the next stage to join the team.

You can also book a call with our client coordinator team who can answer any further questions you may have!

[BOOK A CALL](#)

Booking a call isn't mandatory, all queries can also be answered via Whatsapp and we can easily answer any remaining questions and help you get your new plans set up without taking any of your time. Our WhatsApp Number is 07733 326199

If you would like to speak to your chosen coach directly this can also be arranged. Again, please just let our team know and they will organise this for you.

