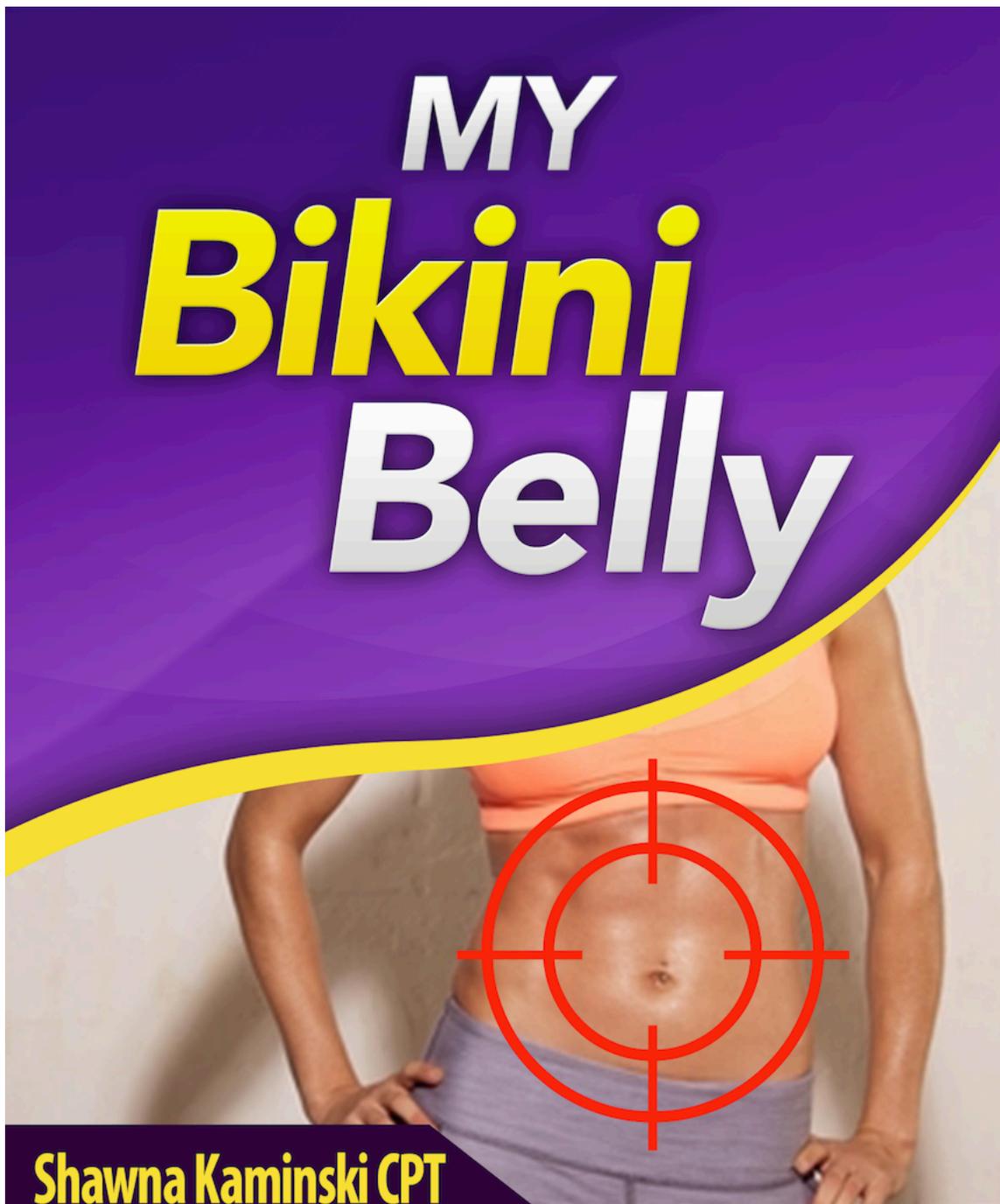


**MY**  
***Bikini***  
**Belly**



**Shawna Kaminski CPT**

***Super Sculpt Sampler***

Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First! You will only get positive results from this program if you are performing the exercises correctly.

Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

## Phase 1 – Super Sculpt B

**Round 1 Timed Set** – Do the following exercises for 20 seconds with 5 seconds transition:

- Reverse lunge
- Bikini Belly crawl
- Bikini Belly lift
- Bikini Belly side hold
- Bikini Belly side hold
- Bikini Belly extension
- Reverse lunge
- Bikini Belly crawl
- Bikini Belly lift
- Bikini Belly side hold
- Bikini Belly side hold
- Bikini Belly extension

Have fun with the workouts!

Want more?

Of course you do!

Check out [www.MyBikiniBelly.com](http://www.MyBikiniBelly.com) for full-length follow along workouts.

And if you loved this short Super Sculpt workout, you can add it onto your 'My Bikini Belly' purchase to further enhance the program.

### **Just a reminder...**

You do NOT have to exercise for hours and hours to reap the benefits of exercise.

In fact, shorter workouts can be better when you're doing the 'right' kind of exercise. Remember that long workouts elicit an elevation in the belly fat storing hormone: cortisol.

Workouts like the one in this short 'super sculpt' video are the perfect solution if you have no time. You can add this onto the end of one of your 15 minute My Bikini Belly workout or you can just do this one if

you're really time pressed.

It's not the length of your workout that really counts, it's the EFFORT you put into your workout and CONSISTENCY in doing daily workouts over time. Doing daily consistent short, intense workouts is much more effective than doing a moderate workout once a week.

The most effective workout is the one you do - That's why these super sculpt workouts work. These workouts require only a small amount of space, time and just your bodyweight.

With these workout solutions you'll be successful with LASTING results so you can finally rid yourself of your menopause belly.

Take your fitness and fat loss efforts to the next level.

Start on your own with the [My Bikini Belly](#) video follow along workouts (you'll be offered the Super Sculpt workouts after your first purchase).

OR, if you want more support...

Apply for the Shawna247 coaching program. See if you're a good fit and if you are, I'll guarantee your results when you follow the plan.

The time is NOW: <http://Get.Shawna247.com>