



BROOKLYN_BORN

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Drop 10 lbs and get a bikini body in 5 weeks!

Saturday, April 20, 2013

Oh boy! There's an attention getting article! (not on SP)

I'm already in goal range and at my age I'm not going bikini shopping, but just what would I have to do to achieve this?

The 2 cardio sessions described were intensive, but doable, basically interval training.
I can do that – check!

Now the strength training – 3 times a week.
I believe in that and I'm up for a challenge.

“Use 8 – 10 lb dumbbells in each hand”
Well, I'll start with lighter ones until I get the moves down. I know that form is important.

1) Conch shell – squat, twist upper body, weights from outside of knee to overhead and back. Then the other side. 3 sets of 12. Uh oh – I can only do 24 but it's something to work up to.

2) Leg lifts with upper torso off the floor supported by one arm. No weights here.
3 sets of 12 on EACH side. 72 of anything will take awhile. I'm nowhere near that many.

3) Split and reach – Now I'm balancing on my butt with legs split in the air in a V while doing crunches holding a dumbbell. 36 of these? Not today, but let's see what else there is.

4) Let's make a “U” – I'm lying on my stomach lifting chest and legs at the same time. Elbows are on the floor and legs are curling toward my butt. I don't know if 36 of these will ever be in my future. Maybe I'm not “alphabet ready” yet?

5) Now I'm making a “T” by standing on one leg with the other leg straight out behind me “making a straight line from heel to head.” I don't have a mirror, but I think my “T” is tipsy. Oh yeah, I'm supposed to be holding my dumbbells straight out to either side and bring knee to chest and back out again. How many times? Of course, it's 36. Only 32 to go.

6) OMG! Another “T” but this time my head is on the floor and the leg in the air is supposed to kick up and out at a 45 degree angle. Even one of these doesn't feel safe.

Oh well, I don't discourage easily, but realistically being able to complete this program means I'll have to aim for bikini season 2014.

If there's anyone out there who could jump into this program as written, wouldn't they have a “bikini body” already?

If anyone is interested in trying this, I found it in the April issue of Self magazine. Maybe we can follow YOUR progress?

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HAYBURNER1969

Great blog!
2975 days ago



WILSONWR

Sounds like it helps to be a contortionist to do that program. You'd have to be pretty flexible!
2976 days ago



DESERTJULZ

Yes, anyone who could do that already has a bikini body!
2976 days ago



WATERMELLEN

I ALWAYS giggle at the "get a bikini ready body" magazine articles at this time of the year. As if. Tankini maybe!! And even so at my age needed to start last November or so (of course we did, right??)
2976 days ago



AUSFAM

Well, I guess we always have to have a goal to aim for! :)
2976 days ago



DOVESEYES



2976 days ago



CD13136117

Very good point, if someone can do these moves - they probably do already have a bikini body!!
2977 days ago



SUNSET09

I'd do it with you just for the challenge. I feel, everyone is not the bikini wearers. I enjoy my one piece as it leaves a bit to the imagination. However, to get in that type of shape would be nice, something different. The "U" we call the fly trap so some of these, we work on in my aerobics



class. What a ride! Let's unite!
2977 days ago



BOOKAPHILE

Definitely not me! Not that I'd wear a bikini anyway. Some parts of me should remain a mystery to the world.
2977 days ago



JAHINTZY

ha! yeah no... I do recognize those alphabet poses from yoga though... trust me, moving through those at breathing pace can be a work out sans weights.
2977 days ago



DR1939

Ha!
2977 days ago



COCK-ROBIN

Very good!
2977 days ago





MISCHAKEO

Too funny. I will follow someone else's progress as well.
2977 days ago



FITMOMINNJ

You definitely would need a lot of flexibility for those floor moves. Reminds me of Twister:P
2977 days ago



CD10259955

I have that one as well! There are always some interesting moves in that magazine! T is for TIPSY TURVY TWIST and TUMBLE! U IS FOR UPSIDE DOWN and V is for VOLUPTUOUS



woman does not bend that way!

Would make for an interesting YouTube video!
2977 days ago



KELLIEBEAN

I got that in the mail a few weeks ago, took a look at that and thought, 'oh I'm SO not ready for this.'



Maybe I'll go back and look at it again, couldn't hurt to try.....and have a good laugh at myself.



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