



ULTIMATE BIKINI TRAINING PLAN

BY JOSH MCHALE OF TEAM CJM

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WELCOME

This is a Sample Bikini Training Plan that we would potentially give to competitors looking to improve there physique as a whole, with a bigger focus on the glutes/hamstrings OR anyone who just wants to look better in a bikini. It is a 7-day training split, consisting of 3 lower body days and 2 upper days.

The lower body sessions are split into a quad bias day, the second lower body session being a combination of both quads and hams/glutes (lower 2) and the 3rd lower day being a glute and hamstring bias day.

The upper days are split between a delt focus and a back focussed session.

The goal is to train these body parts more frequently to spread the volume over the whole week so that the quality of the session is much higher than trying to do all the volume in one session per week.

I hope you enjoy it! Tag us in your workout reels & videos as well as your transformation pictures and make sure to follow @teamcjm_ to see others doing well too.

-- Josh & Team CJM

TRAINING SPLIT	
DAY 1	LEGS (QUADS BIAS)
DAY 2	UPPER (DELT FOCUS)
DAY 3	REST
DAY 4	LOWER 2
DAY 5	UPPER (BACK/DELTS)
DAY 6	LEGS/GLUTES/HAMS
DAY 7	REST

EXERCISE SELECTION

The exercises in the programme are selected to make sure the muscles are being trained in their entirety, for example hitting the glute med and glute max (as well as the other smaller glute muscles) and training them through full range of motion across the week.

If you are unable to perform any of the exercises or do not have the kit in your gym swap for a movement that trains the same muscle, ie swapping a hack squat for a barbell squat.

MAXIMISING PROGRESS

if you want to see the most progress from this plan its going to be important to emphasise two things above anything.

Form - this should be the priority before anything else, executing movements well is an absolute must.

Training to failure - if you dont train to failure or close enough to then you will not create enough of a stimulus for growth (no matter how good the programme is).

PROGRESSIVE OVERLOAD

Over time the goal is to lift more - either more weight for the same reps or more reps on the same weight to create the stimulus to grow. Examples on how to do that are outlined above the programme next to training notes.

REP RANGES

The rep ranges are the guide to where you should be hitting failure - ie 10-15 you should be using a weight that means you fail anywhere between 10-15 reps and then aim to progressively overload the next time you perform that exercise.

If the rep range is lower naturally that should mean the load will be heavier and vice versa.

WARM UP SETS

The sets listed on the plan are only the working sets - this does not include warm ups - as a rule of thumb 2-3 warm up sets would be advised for bigger movements, making sure not to create too much fatigue but enough to prepare you for the working sets.

VIDEO LINKS

You will find links to exercises on the right column to see how to perform these movements and with the kit that matches what you have access too as close as possible.

TRAINING VOLUME

The training volume which is the total amount of sets for each body part over the week is listed at the top right of the training plan. The majority of training volume is allocated to the lower body with that being the bigger focus of this. Each individual will need to train at different training volumes - some higher, some lower, some this will be close to the amount required.

I would recommend volume is adjusted based on how well you are progressing and how well your recovering.

A good feedback tool for if volume is too high would be if DOMS are lasting more than 1/2 days. If there is no soreness and taking all sets to failure there is probably scope to increase the total number of sets over the week.

TRAINING VOLUME	
BODY PART	TOTAL SETS ACROSS WEEK
BACK/REAR DELTS	11
DELTS	14
BICEPS	2
TRICEPS	2
QUADS	15
HAMSTRING/GLUTES	19

TRAINING NOTES / PROGRESSIONS

Aim to add load to each set per session without dropping reps (increase in load over time) OR add another rep with the same weight (increase in volume over time). Weight increases only need to be as small as 2.5kg. Every time you go in the gym the aim is to progress total load lifted.

TRAINING INTENSITY

Take all working sets to failure

INTENSIFIERS/SET TYPES

Rest Pause Set - After the last working set, rest 30s then continue to failure on the same weight.

TEMPO

Aim to keep 2-3 second eccentric for all movements unless stated and keep movements continuous with no pauses, unless stated in the column next sets.

LEGS (QUAD BIAS)

EXERCISE					SETS	REST (s)	DEMO LINK
A LEG EXTENSION					1 x 10-15 2 x 15-20 1 sec pause at lockout	160	
B SQUAT VARIATION HACK/BB/PENDULUM					1 x 8-12 1 x 12-15	180	
C SINGLE LEG PRESS					2 x 10-15	160	
D ADDUCTOR					2 x 10-15	160	
E BB GLUTE BRIDGE OFF FLOOR					1 x 10-15 2 x 15-20 2 sec hold at lockout	180	

UPPER / DELTS							
EXERCISE					SETS	REST (s)	DEMO LINK
A MACHINE SHOULDER PRESS					2 X 8-12 1 X 12-15	160	
B SINGLE ARM CABLE LOW ROW					2 X 8-12 1 X 12-15	160	Click here
C DB LATERAL RAISES					2 X 10-15 1 X 15-20	120	
D SINGLE ARM CABLE LATERAL RAISE					2 X 8-12 1 X 12-15 Last set rest pause	120	
E CROSS CABLE TRICEP EXT					1 x 10-15 1 X 15-20	120	Click here
F CABLE CURL FACING AWAY FROM STACK					2 X 10-15	120	Click here

LOWER 2							
EXERCISE					SETS	REST (s)	DEMO LINK
A RDL					1x 8-12 1 x 12-15	180	
B LEG PRESS 45 DEG - FEET MID PLATE SHOULDER WIDTH STANCE					1 x 8-12 1 x 12-15	180	
C ABDUCTOR - LEANING BACK / SAT UPRIGHT TO BIAS GLUTE MED					2 x 15-20	90	Click here
D HIP THRUST (PREFERRED VARIATION)					1x 8-12 1 x 12-15 1 x 15-20 1 second hold at lockout	180	
E CABLE STEPS UP					2 X 12-15 PER LEG	120	Click here

UPPER/BACK							
EXERCISE					SETS	REST (s)	DEMO LINK
A SINGLE ARM CHEST SUPPORTED PULLDOWN MACHINE (MACHINE SIMILAR TO VID - NEUTRAL OR SUPINATED GRIP)					1 x 8-12 2 x 12-15	160	Click here
B 60 DEG INC DB SHOUDLER PRESS					1 X 8-12 1 X 12-15	160	
C CHEST SUPPORTED NEUTRAL GRIP ROW					1 X 8-12 1 X 12-15	160	Click here
D OVERHAND GRIP LAT PULLDOWN					2 X 10-15	160	Click here
E DB LATERAL RAISE CHEST SUPPORTED					1 X 10-15 2 X 15-20	160	Click here
F REAR DELT CABLE ROW					2 x 10-15 Last set rest pause	120	Click here

LEGS (GLUTE/HAM BIAS)							
EXERCISE					SETS	REST (s)	DEMO LINK
A GLUTE KICKBACK - GLUTE MAX					1 X 10-15 2 X 15-20	160	Click here
B 45 DEG BACK EXT - WEIGHTED					2 x 10-15 1 x 15-20 1 sec pause at the bottom and lockout	160	
C SEATED HAMSTRING CURL * LAST SET REST PAUSE					2 x 10-15	160	
D REVERSE SMITH LUNGES					1 X 8-12 1 X 12-15	160	Click here
E STANDING CALVE RAISES					2 X 10-15 LAST SET REST PAUSE	120	

ABS (TWICE PER WEEK)							
EXERCISE					SETS	REST (s)	DEMO LINK
A CABLE CRUNCH					1 X 10-15 2 X 15-20	120	Click here



COACH J MCHALE

FOR BESPOKE BIKINI COACHING FOR YOUR FIRST/NEXT
COMPETITION, PLEASE GET IN TOUCH WITH OUR
TEAM VIA OUR WEBSITE.

WWW.TEAMCJM.CO.UK