

PURA VIDA

Tone It Up®

BIKINI
SERIES™

Got Costa Rica on your mind? We do too!! Get ready to enjoy life with your Pura Vida routine
Repeat 10-20 reps for 3 full rounds!

WAVE BREAKER



Stand tall with feet hips width apart. Sweep your arms out and up above you. Slowly lower the weight down to a shoulder press position, then rotate the weights down under your elbow as you bend forward at the hips dropping the weight down in front of you

TROPICAL TWIST



Perform a bicep curl, then punch across your body as you twist! Repeat for each side

SPIDER MONKEY PUSHUP



Perform a walking pushup, bringing your right hand out and stepping forward with your right foot. Bring your leg back and perform a full tricep pushup! Repeat for the other side

JELLYFISH



Lay on your back with your feet tucked up to your bum and your arms stretched out in a 'T' shape. Perform a bicep curl, followed by a chest press as you press your hips up into a bridge. Then perform a tricep extension, and lower down to the ground. Repeat!