

Bikini Body Workouts By Jen Ferruggia

Bikini Body Workouts By Jen Ferruggia Ditch the Diet Culture Get the Bikini Body Jen Ferruggias Workout Wisdom Summers approaching and while the bikini body term itself is a bit cliché we all want to feel confident and strong in our own skin Forget restrictive diets and impossible standards This blog post explores Jen Ferruggias practical and effective workout strategies to help you achieve a physique you feel amazing in no matter your starting point Jens approach focuses on building a strong lean body through functional fitness making it sustainable and enjoyable Why Jen Ferruggia Jen Ferruggia isnt just another fitness influencer shes a certified strength and conditioning specialist with years of experience training athletes and regular people alike Her philosophy centers around building functional strength improving overall fitness and fostering a healthy relationship with exercise She understands that a bikini body isnt about achieving a specific look but about feeling good in your own skin through hard work and dedication The Ferruggia Approach Functional Fitness for a Leaner You Jens workouts are designed to be challenging yet achievable regardless of your current fitness level They emphasize compound exercises movements that work multiple muscle groups simultaneously which are more efficient for building strength and burning calories Think squats deadlifts pushups and rows the exercises that build a strong functional body Visualizing the Workout Style Imagine a workout thats less about endless cardio and more about building powerful muscles Think less isolating bicep curls and more powerful barbell rows that work your entire back The focus is on efficiency and effectiveness building a physique thats both strong and lean HowTo Sample Jen Ferruggia Inspired Workout This sample workout incorporates elements of Jens training philosophy Remember to consult your doctor before starting any new workout routine Warmup 510 minutes 2 Jumping jacks 30 seconds High knees 30 seconds Butt kicks 30 seconds Arm circles forward and backward 30 seconds each Dynamic stretching like leg swings and torso twists 12 minutes Workout 3045 minutes This workout focuses on a fullbody approach Squats 3 sets of 812 repetitions Visual Imagine a chair behind you slowly lowering yourself as if youre going to sit down Focus on proper form chest up back straight knees tracking over toes Pushups 3 sets of as many repetitions as possible AMRAP Visual Hands shoulderwidth apart body in a straight line from head to heels Lower your chest towards the floor then push back up Modify by doing pushups against a wall or on your knees if needed Rows Dumbbells or Barbell 3 sets of 812 repetitions Visual Imagine pulling a heavy object towards your chest keeping your back straight Pull the weight towards your lower chest squeezing your shoulder blades together Deadlifts Dumbbells or Barbell 12 sets of 58 repetitions Visual Hinging at the hips keeping your back straight lifting the weight from the ground Focus on controlled movement and proper form Start with lighter

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