POWER WORDS

WORDS THAT WILL WIN YOUR EX BACK

BY BRAD BROWNING
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Get Your Ex Back With Power Words
Text Messages & Phone Conversations

Hi, it’s Brad Browning here. I’m the author of this book. I’m also the author of the best-selling “The Ex Factor Guide” program – a full, step-by-step program dedicated to getting your ex boyfriend or girlfriend back into your arms for good.

In this mini e-book, I’ll be talking about how you can start communicating with your ex again. There are certain key phrases that you can use that will compel your ex to want to talk to you again. However, there are a few things that you need to know first before you actually do it. I’ll go over this step-by-step process very soon.

The two very best ways to contact your ex after a breakup is by text message or phone call. I prefer texting, and in most cases, texting will be a far more successful method of getting your ex back. The beauty about texting is that it’s completely impersonal on the surface, yet extremely intimate. It’s so easy to text someone, that’s why it isn’t really a big deal to people.

Calling is a big deal because you have to talk to someone and dedicate a certain amount of time to that phone call. Email is much more personal these days. But with texting? You can text anywhere and almost anytime. It only takes a few seconds and messages have to be short and brief. Plus, you don’t have to sit there and have a full conversation right there and then. You can take your time
with texting. You can think about a reply before sending it. And, most importantly, you can say things through text that you can’t say anywhere else.

That being said, there are times in which you have to call your ex. Was calling the main form of communication between you and your ex? If so, then texting your ex will be kind of weird. You don’t want to make your ex feel uncomfortable. In this book, I’ll talk about how you can phone your ex as well.

Most people these days can’t leave their cell phones alone anyways. I know I’m the type of person that simply can’t put their phones without looking at it every 15 minutes or so. And remember, texting is extremely private and extremely intimate. You can convey a lot in just a few words. So use this to your advantage.

Keep in mind that with this program, your goal here isn’t just to have another one night stand with your ex. To be honest, getting a one night stand is really easy to do with your ex, what you want is to build something better and longer lasting. Remember, it’s a good thing that you and your ex ended things for now. Honestly, your old relationship needed to die anyways because if it ended, it just simply means that it wasn’t
working out. You needed to end it so that you two can build a better relationship from the beginning.

You need to slowly remove the reasons you and your ex broke up and remind him or her why this person was attracted to you in the first place. This mini eBook will help you focus on making this a reality!

What To Do First

Before you get into this eBook, please consider watching the full presentation on my website (www.ExFactorGuide.com). This mini eBook, after all, doesn’t cover everything you need to know to get your ex back, but the free video presentation on my website DOES. While these are extremely powerful text messages, there are a lot of things you need to do FIRST if you want the best chance of getting your ex back.

For example, the “no contact” phase should be in full effect for the first month or so. Don’t even think about sending your ex a single text message until you’ve fully initiated this “no contact” phase. This video will teach you everything you need to know about this, plus much, much more...so watch it now!
Is Texting The Right Thing To Do?

We must take this into consideration before we even pickup the phone after the first 30 days. Is your ex an avid texter? Was he/she known for texting you ever? Was that the main mode of communication between the two of you? If the answer is no, then texting probably isn’t the best way to go about in communicating. If you’re texting your ex right now and he/she isn’t a texter, chances are this person will get suspicious that you’re all of a sudden texting out of the blue for absolutely no reason at all.

Remember, if you’ve read the eBook then you’ll know that getting your ex girlfriend or ex boyfriend back requires you to drop the desperate and needy image that you probably have right now.

Let The Texting Begin!

Okay. So the 30+ days of no contact is finished and you are about to text your ex. Your heart is racing! What do you say? Will he or she answer back? What if your ex doesn’t? What if your ex has a new partner already?
All of this will be addressed once we get into it. Let’s just be really clear of what breaking the ice with the first text will do. First of all, you’re not going to talk about your relationship. AT ALL. Do not bring up any relationship problems. Second, again, do not sound like you are depressed! Remember, you’re a very happy individual right now and you’ve been living life to the fullest. Third, this is not a booty call type of text. You don’t want to break the ice with something completely over-the-top sexual.

Finally, don’t worry if you don’t get a response to your first text. Just let it go. Men and women will freak out about this, but really, sometimes your ex won’t text you back because he or she is busy. It doesn’t mean that if he or she doesn’t text today, they won’t text you again in the future.

Don’t Send The Following Boring Text Messages…

This is something that you must absolutely avoid doing if you want your ex to text you ever again. The following texts are downright pointless. You know exactly what I’m talking about when I say this, and yes, you probably hate it as much as I do.
Do you ever get text messages from your friends and family just saying one word? Like “hi” or “’sup”? It absolutely aggravates me. But even something as simple as “Hey, how are you doing?” or “Hey, what’s up?” can be just as bad.

Why are these so bad? Well, first of all, they’re pointless because they don’t rile up emotions at all. In fact, they almost will give your ex a negative image of you. You sound bored, uninterested, and frankly, not like a happy person at all. By sending a text like this, you are sub communicating to your ex that you are just unhappy with life and that you need her interaction at that very moment to be happy. So don’t do this.

The First Text To Send

This is one of the first texts you should be sending your ex. Essentially, what you want to convey to your ex right now is that you are totally over him or her, but you are still thinking about this person from time to time. It is designed to make you look thoughtful, happy, and it makes it looks like as though your text message has a point to it.

Here are a couple examples...

“Hey, just letting you know that your favourite shoe store is having a 30% off everything sale! Just thought you’d probably want to get on that. :)

Or...
“Your favourite videogame store just released the new videogame for Playstation4! The one you really want. Just thought I’d let you know. ^_^”

There are several reasons why these texts are good first messages. One, these text messages don’t convey any neediness. You aren’t begging to be in a relationship with him or her again. You don’t convey any sadness. You don’t sound like you’re desperate. In fact, you just sound happy and thoughtful.

In a recent survey done by avid text messagers, researchers found that the use of exclamation marks increased the likelihood of receiving text messages back by 20%. That is a lot. So use exclamation marks if you want your ex to text you back!

Second, check out my emoticon at the end of the second text message. Think it doesn’t make a difference? Well, think again. Let’s say you ask your friend through text what they’re doing tonight. Here are two possible responses your friend could come up with...

“Nothing”
Or…

“Nothing! =D”

See the difference here? If you received the first text message, chances are you’ll probably think your friend is just really bored and depressed. That, or he or she is just too lazy to text anything more significant. But how does the second text message make you feel? Probably completely different, right? The second text conveys that your friend is doing nothing, but as a result, probably wants to hang out with you tonight.

Another great thing about this text is that it doesn’t force your ex to do anything about this text. This is a good thing right now. You essentially want to let your ex know that you’re thinking about him or her, but you don’t want to convey neediness. You don’t even ask a question in the text message.

What Happens If Your Ex Doesn’t Reply

Remember, if she doesn’t reply, it doesn’t mean this is a bad thing. Not hearing from your ex might happen for a number of reasons. Maybe this person is busy. Maybe he or she is hanging out with a friend. Maybe he or she is driving.
There are a ton of reasons why a person doesn’t reply to a text message. The bottom of the line is... if this happens, do NOT freak out. Don’t go crazy. Don’t let it get to you. Like I said, in all likelihood, he or she is probably just busy. If you do freak out and start texting this person incessantly, you will only look psychotic. This is a massive attraction killer. You are trying to project that you are a new and improved person, full of confidence and happiness.

Again, if you’re looking to find out more details about how to contact your ex again, check out my free, full-length video presentation on my website (www.ExFactorGuide.com). This video is far more comprehensive than this miniature e-book.

What If You Get A Neutral Or “Pointless” Reply

Say you text him or her and you get something really bland and boring back. Chances are, once you hear from this person, you’re going to jump on this opportunity like crazy and start texting back repeatedly. Don’t do this, instead,
what you’ll want to do is keep up the same tone with him or her. Say you used the text message used in the previous section and you get something like...

“Cool, thanks.”

You’ll want to reply with...

“Nice. K, well I’m heading out for a hike with a friend... but nice to hear from you. Later.”

Easy, huh? What you need to remember is that you need to be the one that ends the conversation so this person will want to start chasing you again. In fact, no matter how your ex replies, you should always respond with something quite happy and you should be the one ending the interaction. Always.

More Emotional Text Messages...

A few days after you interact with your ex, you’re going to want to use one of these text messages. It’s pretty similar to the first text, but it takes it a step further.

Basically, you’ll want to
recollect a moment in your relationship that was extremely powerful and positive. Then, you’ll want to remind your ex about that moment again. But you’ll have to describe it fully and great deal in order to evoke a really big emotional response from your ex.

Here are a couple examples:

“Remember how good it felt when we saved that little cat from that tree? I just remembered how good that was holding your hand after we saved her. Hope all is well with you.”

Or...

“I just remembered that time we were stuck in that rain storm at our parent’s place, home alone... and how great it felt holding you in my arms in front of that fireplace. Hope things are great.”

Time To Ask Some Questions...

A few days after your last text, you should be starting to escalate the interaction a little bit. You’ll want to start asking questions and expecting answers. You’ll want to actually have a conversation with your
ex. This is the only way you’ll ever get her to agree on a meet up.

All the old rules still apply here – you want to remain calm, happy, and you want to avoid all negativity. You also want to avoid talking about your past relationship. This text message shares many qualities of the other text message tactics I’ve told you about, but it takes things a step further. Let’s jump right into an example and then later analyze them.

YOU: “Hey. What was that store called where we bought those great socks? I want to get a couple for my niece’s birthday.”

HER: “It was Juliana’s.”

YOU: “Oh right, I remember how good it was to finally find those pair of socks... we wore them all the time! They were just so comfy. We had a lot of fun in those.”

So. What happened here? Okay, so you asked a question. So what’s so good about this question? You’re asking it because you actually need something from your ex. You’re not texting him or her because you miss this person or because you’re depressed and you’re pining over them, you actually have a legitimate excuse to contact this person and get information. This way, he or she won’t look like you’re really trying to contact them for no reason at all. There is very good reason.

Second, check out how there’s a back-story to this question. And notice how that this back-story was actually a really good one... a really positive one. You
want to bring up a memory that you know will draw a positive response from him or her.

CLICK HERE TO WATCH A FREE VIDEO ON HOW TO GET YOUR EX BACK FOR GOOD
(Or visit http://www.ExFactorGuide.com)

Phone Game

When to Phone Your Ex…

As I said, if you were ex was never an avid texter, you should probably be phoning your ex instead. You always want to communicate with your ex the same way as you normally did when you two were together. Why? Well you don’t want
to appear like you’re “trying too hard” to get in contact with your ex. You want it to feel natural and organic – not forced.

Second, all the rules for texting also apply for phone conversations. That is, you should always be happy. You should always portray yourself in the most positive light possible. You should never talk about anything negative. You should never talk about drama or the past relationship. You should always be keeping everything light, friendly, and fun. However, here’s the big problem...

Unlike texting (which is much easier), calling involves a fair bit of acting. If you should nervous, excited, or emotional, your ex will most definitely sense this. And if they do sense this, then it’s over. It’ll blow your cover and he or she will definitely think you’re up to something.

How To Talk To Your Ex On The Phone

Voice tonality, inflection, and pace of how you speak will be important here. What you say is just as important as how you speak, so keep these tips in mind...
1.) **Speak slowly** – People who talk fast are usually nervous. If you slow the pace of how you speak down, you’ll come across as more calm, steady, and relaxed. This is definitely important.

2.) **Speak quietly** – Don’t yell into the phone. This isn’t very attractive. Instead, try and speak a little quieter than you usually would. Again, you’ll come across as more calm and relaxed.

3.) **Laugh!** – Don’t laugh too much because this will come across as a nervous gesture, however, you’ll want to enjoy your phone conversation with your ex. Laughing is a great way to portray to your ex that you’re having a good time talking to them. Right now, you’re only concerned with befriending your ex boyfriend or girlfriend, and laughing is one of the best ways that you can rebuild this friendship.

4.) **Cut the nervous language out...** - This will be a little difficult, but don’t say the words “um” and “like” too much. I know some of you will naturally say these words, but these “thinking” words come across as nervous cues.

5.) **Sound “happy”** – There are ways to sound happy. People who sound upbeat and happy talk with a certain “tone” in their voice and everyone is a little different.

What You Should Talk About...

In terms of topics for conversation, use the text message examples that I’ve used as an example. You should always be calling for a certain purpose – you
should never call just to say hello or to see “how you’re doing.” These are very hollow excuses to make a phone call, and if you give any clue that you miss your ex boyfriend or girlfriend, it will be over.

You’ll want to mention something that your ex actually wants to hear. Again, like in the example earlier, talk about a sale that’s going on at your ex’s favourite shoe store. Talk about one of their passions and something going on. Talk about his or her favourite band and how they’re playing in your city in a few months.

Here is a brief list of topics that you can talk about...

1.) **Gossip** – Talk about innocuous gossip between friends. This is always juicy and interesting and it’s always fun to get a good laugh!

2.) **Sports/music/entertainment** – Again, talk about big news regarding your favourite sports team (assuming you shared that passion). Talk about concerts that are happening. Talk about that incredible episode of Game of Thrones the other night.

3.) **Travel** – Has your ex been somewhere you haven’t? Feign interest in it. Call him or her up and ask questions about their trip again (ask questions that you didn’t ask before).

4.) **Anything to do with their expertise** – Was your ex really good at painting? Playing the guitar? Photography? Or just really good with computers? This is a perfect excuse to call them up and hammer some questions out. Just don’t pester your ex constantly. This should only serve as the “ice breaker”.


Wrapping it All Up…

Obviously this mini e-book is far from complete and there is a multitude of things that you need to know and apply in order for these strategies to be effective. Again, if you want to learn the best method to get your ex back, then you absolutely must watch the full-length presentation on my website (www.ExFactorGuide.com). In it, I expose three things that you must stop doing right in order for your ex to love you again.

I’ll teach you the 6 Magic Words that you can say to your ex right now to make him or her infatuated with you…

And once you get your ex back into your arms, I’ll teach you how to create an attraction so powerful that your ex will never think about leaving you ever again.

Free Video Reveals...

HOW TO GET YOUR EX BACK

- Learn What To Say
- The Four Deadly Mistakes That Are Killing Your Chances
- How To Make Him or Her Fall In Love With You Again

www.ExFactorGuide.com
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1. INTRODUCTION

You are about to learn information that most women will never know about getting their ex boyfriends back, so proceed with caution.

The advice I am about to disclose to you should never be given to those who intend to abuse it as it contains potentially dangerous psychological weapons that can turn any girl into a bag of mush. However, if you know of any other women that are in genuine need of this guide, then please feel free to give it to them.

This e-book is free for a reason, but I don’t want just anyone getting this book. I want my methods and advice to stay hidden so that women around the world don’t try and kill me because I’m giving away their trade secrets!

First, let me introduce to you who I am and what I do. My name is Brad Browning, and I am a relationship expert... but not just any relationship expert. I’m not the type of guy that will show up in an Oprah episode telling middle-aged women about how to “please your man in the bed.” I’m also not the type
of wussy relationship expert that says, “Communication in a relationship is the most important key to success!” While that’s true, everybody and their mom knows that information. I deal with the nitty-gritty – the real cream of the crop. I deal with genuine psychology and what **actually** makes people tick. I delve deep into the human mind to discover how it works, and how I can use this information for good.

For the past decade, I have been fighting tooth and nail to help women across the globe win their ex boyfriends back. Some of the tactics I use are extremely clever – some are down right dirty (but they work). If this doesn’t make you feel comfortable, then I want you to close this e-book and delete it, because you won’t like this.

In my time as a relationship guru, I’ve helped thousands of women across the globe (of all languages and cultures) get the love of their lives back into their life. While I do not know my exact success rate, it’s well over 90%. Getting excited yet?

I’m not going to bore you with any more B.S., so let’s just jump right into it, shall we?
The mistakes outlined in this e-book are very common mistakes women make when trying to get their ex boyfriends back. Some of this information you may have heard before, but it's important that you know these mistakes in and out. Do not close this book until you've read the whole thing. You need to memorize this book, inside and out.

**MISTAKE #1 – SHOWING SEXUAL NEEDINESS**

Yes, this is the most common mistake women make after getting dumped. Stop saying that you miss your ex boyfriend. Stop telling him that you love him and that you still want him. Stop telling him that you would “do anything for him for one last kiss.”

Just stop.
By doing these things, you’re pretty much telling him that you’re pathetic, a wuss, and a sexually needy. Men are attracted to things that they can’t get and women that are strong, independent, and powerful. Saying weak things like, “Please don’t leave me” will only repel him even more. So if you’ve been committing this deadly mistake, then don’t be surprised that your boyfriend isn’t convinced to get back together with you.

Instead of committing this horrible relationship crime, you should be doing the opposite. Instead of saying how much you want to get back together with your ex, tell him that he made a good decision and that the breakup was a great idea.

He’ll start thinking you’re crazy.

He’ll begin to realize that maybe he isn’t as in control as he initially thought. He’ll begin to realize that you are still that amazing woman he fell in love with in the first place. Although he won’t say it at first, he’ll realize later on once you drop more psychological bombshells on his head.

Once you’ve made it known to him that you aren’t a wuss and that you’re a strong woman, then start hinting to him that you simply don’t want to talk to
him anymore. Do it nicely, don’t convey it in a mean-spirited manner, but gently hint towards it. If you want to check out a free video that tells you how you can do this, check out [http://www.ExFactorGuide.com](http://www.ExFactorGuide.com)

**MISTAKE #2 – WALLOWING IN YOUR OWN MISERY**

Quit being depressed, sad, and pick yourself up. I know it’s hard and I know that with some of you girls reading this, you just won’t have the willpower to do it.

If this is the kick in the butt you need to get your ass going, then so be it. If my tone sounds a little condescending right now, then you know why. Just stop pining and get going with your life. You ex boyfriend will *never* get back with you if you’re a broken woman, so let go of him for now.

Instead, go to the gym. Go have fun. Go date other men. Go chill with friends. Go pickup a new hobby and take your mind off things. All of these things will help you build your confidence so that your ex boyfriend will have no choice but to get back together with you.
Have you ever heard that some people are annoying because they are “too clingy”? There’s a very good reason why men and women find clingy people annoying... it’s because being too available and needy is not an attractive trait. Now combine that with being annoyingly emo and depressed, and your ex boyfriend will never even **think** about getting back together with you.

**MISTAKE #3 – STAYING SINGLE**

Yes, this sounds like a weird mistake, but it’s true. Most heartbroken women will simply devote all of their time and effort into staying single and working on getting their ex boyfriends back. While this may sound and feel like a good idea for these women, it’s not the way to actually get him back.

You see, men are attracted to women that have a lot of men chasing after them. No man is going to go for a loser girl who sits and home all the time reading by herself. But if you’re a musician with a huge male-groupie following? You’re gold. You’ll never be lonely for the rest of your life.
And your ex boyfriend is absolutely no exception to this rule. So get men clamoring after you and watch as your sexual value skyrocket in the eyes of your ex boyfriend.

Again, if you haven’t checked out http://www.ExFactorGuide.com, then you are missing out... because in that video, I’ll tell you step-by-step, the exact method on how you can make him BEG and PLEAD to get back with you.

MISTAKE #4 – TRYING TO SLEEP WITH HIS FRIENDS

Sure, you need to date other men... but don’t try and sleep with his friends. A lot of girls will make this very rudimentary mistake. By sleeping with his friends, it will confirm that he made the right decision leaving you.

You see, men are creatures that need to trust. If a man can’t trust you, it’s over. Even though you do somehow to woo him back into your life, it’ll never be the same. He’ll constantly be second-questioning everything, and I can promise you that your relationship will be forever doomed.
There are a TON of other mistakes you could be making right now as we speak, but this free ebook covers only four. Again, if you want to learn the proven method that will get your ex boyfriend to come CRAWLING back to you on all fours, pleading you and begging you to come back, then you’ve got to go to http://www.ExFactorGuide.com

In that video, I promise that you will learn exactly how to get your ex boyfriend back. And best of all, you can view that video for FREE. So what have you got to lose?
Bikini Bootcamp Exercise Guide
6 Weeks To A Stronger Healthier Body

Bikini Body Workouts™ by Jason & Jen Ferruggia
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**CHEST EXERCISES**

**Push-up**

Beginners: Do your pushups on your knees until you build up the strength to do them on your toes. Start lying face down with hands right outside your chest. Squeeze your abs in and keep your body in a solid plank position as you press away from the floor. (It is okay to peel up at first if you need to until you can build up the strength to hold your body solid – it's better to get full range of motion than to not push all the way up.) Once you're at the top of your plank, shoulders should be directly over your wrists and hands should be about shoulder-width apart, fingers slightly pointed inward. Abs stay tight the entire time and eyes stay on the floor. Slowly lower down. Repeat.

Advanced: Start in a plank position on your toes, squeezing your abs in and keeping your body solid as you lower down to the floor. Shoulders should be directly over your wrists and hands should be about shoulder-width apart, possibly wider. Elbows travel back at about a 45 degree angle and fingers may point slightly inward. Abs should stay tight the entire time. Do NOT arch your lower back. Keep your eyes on the floor as you press the floor away ensuring full range of motion (“chest to deck”).

**Chest Fly**

Lay flat on the ground or bench with the weights in each hand straight over your chest with your palms facing inward towards one another. With a slight bend in your elbows, lower the weight toward the floor making a “T” shape with your upper body. Exhale as you bring the weight back up to the starting position.

**Chest Press**

Sit down on the ground, pick up your weights carefully and THEN lie back. Lying flat on the ground or bench with abs in and weights in each hand, start with your elbows at 90 degrees (perpendicular to the floor) and arms in line with your chest. Your palms should face down toward your feet and your arms should look like goal posts. Slowly press the weights up until your arms are straight and your weights are about 2-3 inches apart. Your weights should be right in line with your breastbone, NOT over your face or over your belly button. Carefully lower them back down to the starting position and repeat. Inhale as you lower, exhale as you press up.
**Shoulder Press**

Standing upright with your core engaged, hold a dumbbell in each hand and raise your arms up to shoulder height with your palms facing forward. Pretend your arms are a field goal like in football. Keep your elbows at shoulder height throughout the exercise. Exhale and press your dumbbells overhead, then slowly lower until you reach the starting position.

**Lateral Raise**

Standing upright with your core engaged, hold a dumbbell in each hand with your palms facing in towards your body. Exhale and raise your dumbbells out to the sides up to shoulder height, then slowly lower until you return to the starting position. Keep your shoulder blades held back and down as much as possible throughout this movement. If doing both arms is too difficult, you may alternate left and right arms, performing only one arm raise at a time.

**Front Raise**

Standing upright with your core engaged, hold a dumbbell in each hand with your palms facing you. Exhale and raise your dumbbells up to shoulder height, then slowly lower until you return to the starting position. Keep your shoulder blades held back and down as much as possible throughout this movement. If doing both arms is too difficult, you may alternate left and right arms, performing only one arm raise at a time.

**Posterior Fly**

Place feet about shoulder width apart. With a slight bend in your knees, lean forward to about a 45 degree angle with a flat back and your core engaged. It’s SUPER important to keep your abs tight any time you are in a bent-over position. Hold your dumbbells in front of your chest with a slight bend in your elbow. Raise arms out to your sides, leading with your pinky finger, until your elbows are slightly higher than your shoulders, then return to the starting position. Exhale as you raise the weights, inhale as you slowly lower them down.
TRICEP EXERCISES

Lying flat on the ground or a bench, hold dumbbells over your shoulders with straight arms and palms facing each other. DO NOT hold them over your face and be very careful not to drop your weights. Safe form is very crucial here (this exercise is also known as the “skullcrusher” and you can guess why). Without moving your elbows, inhale as you hinge at the elbow lowering the weights down to frame the outsides of your face. Exhale and press the weight back to the starting position focusing on squeezing the back of your arms.

Tricep Dips – Level 1

Tricep Dips – Level 2

Tricep Dips – Level 3

Sit on a stable chair or bench and place your hands on the chair just outside of your hips with your palms down and fingers facing your toes. Keep your knees in line with your hips and stacked over your ankles for Level 1, legs straight for Level 2, and one leg lifted for Level 3. Bring your hips forward off the chair and slowly lower your body toward the ground with your elbows sliding straight behind you (as if they were on parallel railroad tracks) until they make a 90 degree angle. DO NOT let your elbows wing out to the side. Keep your hips as close to the chair or bench as possible throughout the movement. Squeeze the back of your arms and exhale to push yourself back up to the starting position.

Always keep your CORE TIGHT!
Squats

Hook your dumbbells on your shoulders. Stand with feet slightly wider than hip-width apart, toes pointing slightly out. Keep your shoulders back and down with chest up. Engage your core and keep your weight in your heels. You should be able to wiggle your toes throughout this entire movement. Lower your hips back and down into a squat (like you would to sit in a chair) until your thighs are parallel with the ground. Make sure your hips are pushing back behind you, your knees do not go past your toes and your chest always stays in an upright position (it should NEVER face the floor). Exhale and push up through your heels as you squeeze your glutes to come back to standing. Do not let the knees cave inward in your squat.

QUAD & GLUTE EXERCISES

Squat Jumps

Using the same squat form, lower your hips back into the squat but don’t go quite as low for the jump version. Inhale and bring your hands in front of your chest when you lower down, then swing your arms swiftly back behind you to help drive yourself straight into a vertical jump as you exhale. Jump as high as you can, but ALWAYS land softly going from “toe to heel” to safely absorbing the impact. Do not slam your feet down when you land. Do as many as you can in a row with good form and take breaks as needed.

Walking Lunges

Holding dumbbells at your sides with straight arms, take a wide step forward into a lunge with your chest up, core engaged and knee behind your toe. The front knee should stack directly on top of your front ankle. Lower down as low as you can while maintaining your balance and a tight core. Push through your forward heel to stand back up and bring your back leg forward to meet the front leg. Switch legs and repeat as you walk across the room.
QUAD & GLUTE EXERCISES

Bulgarian Split Squat

(Note: You may do regular lunges if maintaining your balance in this position is too difficult.) Holding dumbbells at your sides, place one foot on top of a sturdy bench or chair and step the other foot in front of you in a lunge position. Make sure your front knee is stacked directly over your front ankle. With your torso in an upright position and your weight pressing through your forward heel, “turn the glutes on” as you slowly descend into a lunge. Inhale on the way down, exhale as you drive upward pressing through your heel and continuing to squeeze the legs and glutes. Repeat, completing all reps on one leg before switching to the other side.

Jump Lunges

Level 1

Coming into the same lunge position, step or hop into a lunge on the other side. Switch back and forth for as long as you’re able to maintain good form with abs tight. Take breaks as needed. You do not need to go as low into the lunge as you do in a standing lunge. Level 1 – keep your hands on your hips. Level 2 – raise your hands vertically in the air.
**BACK EXERCISES**

**Bent Over Rows**

Place feet shoulder width apart. With a slight bend in your knees, lean forward with a flat back and your core engaged until your body is at about a 45 degree angle. Hold dumbbells straight down in front of your chest with palms facing inward. Pull them up to your chest by sliding your elbows back and squeezing your shoulder blades together towards your spine. Your elbows should brush your sides and remain parallel with one another (DO NOT let them wing out to the sides). Slowly lower the weight until your arms are fully extended and repeat. Exhale as you lift, inhale as you lower.

**Alternating Arm/Leg Raise**

Lying face down, reach your arms out overhead (to make it easier, bend your elbows to keep your hands closer to your head). Keep your eyes on the floor as you lift your shoulders and legs off the ground by squeezing your glutes and mid/lower back. Carefully return to the floor and repeat.

**Supermans**

On hands and knees on the floor, make sure your shoulders are directly over your wrists and your knees are hip-width apart. Slide your shoulder blades back and down and hold them there. Hold one dumbbell with your palm facing in. With your core engaged (bellybutton in), pull dumbbell up to your chest with your elbow leading toward the sky. Exhale as you squeeze your upper back muscles as you slide your shoulder blade in and down towards your spine. Inhale as you slowly lower the weight until your arm reaches the ground. Finish all reps on one side before switching to the other side.

**Single Arm Row**

Lying face up with feet planted hip-width apart, hold the heads of one dumbbell. Keep your arms straight and start with it on top of your thighs. Keep your bellybutton in as you raise the weight up and over your head, maintaining straight arms throughout. Keep your abs tight and do not arch the back too much. Lower the weight down to about 2-3 inches away from the floor. Keep your shoulder blades back and down as you squeeze your back to pull the weight back over to the starting position. Inhale as you raise, exhale as you pullover. Repeat.
BICEP EXERCISES

Hammer Curls

With your shoulders rolled back and down, your core engaged and your dumbbells by your sides with your palms facing your body, exhale as you squeeze your biceps and raise the dumbbells up toward your shoulders. Inhale as you slowly lower back to the starting position and repeat. Make sure your wrists are flat here (not bending backward) and keep your elbows glued to your sides (don’t swing your arms).

In & Out Curls

With your shoulders rolled back and down, your core engaged and your dumbbells by your sides with your palms facing upward, squeeze your biceps raising the dumbbells up toward your shoulders vertically. Slowly lower to the starting position, rotate your palms out to the side and curl weight up towards your shoulders laterally. Slowly lower and repeat sequence keeping your wrists flat (not bending backward) and elbows glued to your sides (don’t swing your arms).
HAMSTRING & CALVE EXERCISES

Calve Raises

Hold weights in your hands with straight arms by your sides. Keep your shoulders back and down and your abs in. Your feet should be hip-width apart. Keep your legs straight as you rise up onto your toes, then slowly lower back down to the floor and repeat. Exhale as your rise up, inhale as you lower. Do not let your feet turn outward or cave inward; keep them parallel with one another throughout.

Romanian Deadlift

KEEP YOUR ABS ENGAGED throughout this exercise (it is VERY important). With your shoulders rolled back and down, your core engaged, and your dumbbells in front of you with your palms facing your legs, slowly lower them down as you push your hips behind you. Keep a flat back and a slight bend in your knees and only lower down as low as you are able to maintain good form. Inhale as you lower down, exhale as you slowly rise up. Lift using the back of your legs and glutes to stand, NEVER straining your back.

Single Leg Deadlift

Stand on one leg, keeping that leg straight with a soft knee (do not lock out your knee). Keep your shoulders back and abs in as you raise the heel of your other straight leg to tilt forward like a teeter totter. Keep your eyes on the floor in front of you. Your body should remain in plank position throughout the movement; the only thing that changes is your hip hinge. Inhale as you lower, exhale as you lift back to standing. When you lift up, focus on squeezing the back of your leg and glute, not putting any strain on your back! This part is super important. Complete all reps on one leg before switching.

Leg Curl

On your hands and knees with shoulders directly over your wrists, secure a weight behind one knee by squeezing your leg back to hold it tight. Hold the weight firmly with your leg as you press your heel back and up towards the sky. Slowly return to starting position and repeat all reps on one side before switching to the other side.

Bridges

Lying on the floor with your heels near your glutes and knees in line with your hips, rest weights on top of your hips. Keep your abs engaged as you press your hips up, squeezing the back of the legs and glutes as you exhale. Inhale as you lower down and repeat.
ABS ROUTINE

10 V-Ups

Start in a lying position with arms extended overhead and legs straight. Squeeze your legs together and lift them as you tuck your bellybutton in and reach for your toes, creating a “V” shape with your body. Carefully lower down and repeat.

V-Up Modification

Modified V-Ups are just a standard situp with your feet flat on the floor and arms reaching overhead. Come all the way up into a seated position with abs in, then slowly lower back down. You may also fold your arms across your chest if you are not yet able to do the full situp on your own.

20 Burpees

Starting in standing position, place your hands on the floor shoulder-width apart. Keeping your abs engaged, step or jump back into a plank position (Note: To do a full competition burpee, quickly and carefully lower your body all the way down to the floor at this point), then step or jump back to standing. Try not to let your knees flare out to the sides. Plant your heels & drop your hips as you lift immediately into a vertical jump from here then repeat.
**ABS ROUTINE**

### 30 Scissors

Start with hands under your hips. Tuck your bellybutton in towards your spine, keep your low back on the floor, and lift your head up as you tighten your abs. Starting with both legs in the air, feet flexed, slowly alternate right and left legs, lowering each heel down only as low as you’re able to maintain your low back contact with the floor and abs in. Each leg counts as 1 rep.

### 40 Oblique Twists

Starting in a seated position (with or without a light dumbbell), sit up tall with your chest up and abs in. Keep your shoulders back. Your legs can either be in “tabletop” position (shown here) or down with feet planted on the ground. Keeping good posture, tap the floor on each side with your weight (or tap clasped hands if using no weight). Each tap counts as 1 rep.

### 50 Mountain Climbers

In a plank position (shoulders over wrists, abs in and back flat), alternate tapping your right and left foot as if you were climbing a mountain. Don’t let your hips rise up here. Each tap counts as 1 rep.

### 60 Bicycles

Start in a lying position, bellybutton tucked in towards your spine. With chin slightly tucked and fingers lightly holding your head to help support your neck, bring your left elbow to tap your right knee as your left leg extends. Keep your shoulders and head off the floor as you alternate sides (right elbow to left knee). Each tap counts as 1 rep.
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