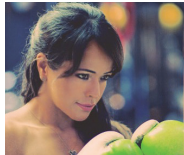


# THE BRAZILIAN WORKOUT FOR GIRLS



LOVE HIIT AND NEED SOMETHING A BIT DIFFERENT TO STAY MOTIVATED? BESTFIT NEW RECRUIT JULIANA CAMPOS SHARES FOUR MOVES WITH A SOUTH AMERICAN FLAVOUR.



**BOMB SHELL**

**(squat and lunges at the same time)**

Keep feet slightly wider than hip-width apart. Squat, and as you go down breath in and move into the lunge position, making sure your knees don't go all the way forward. The kettlebell must be in the hand of the side that's lunging forward. Keep your back straight and your abs tight.

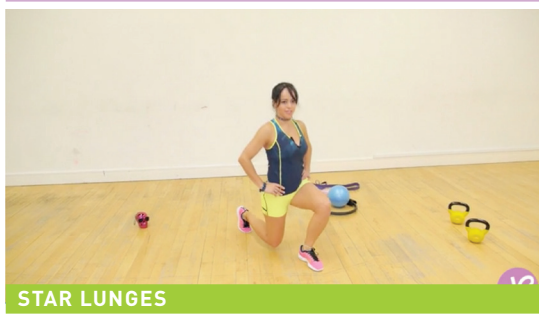
**Do 15 each side, then star jumps for 20 seconds.**



**LOVE YOU HATE YOU**

I use a rope ladder, but essentially it's hop scotch with two different types of jump squat. The first jump sees your feet and knees come together (LOVE YOU), the second with your feet wider than hip-width (HATE YOU).

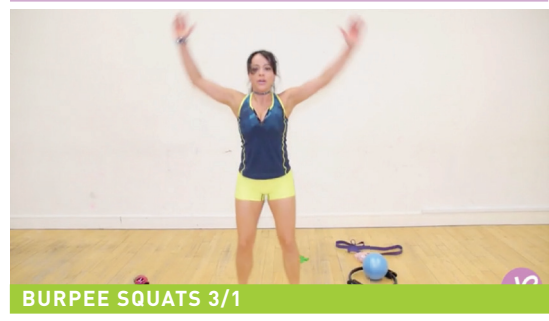
**Alternate but do 30 in total, then do 20 seconds of star jumps.**



**STAR LUNGES**

With a straight posture and starting with your right leg, go down into the lunge position and perform one lunge in front of you, another slightly to the right side and then a third to the right. Then change to the other leg.

**Perform 10 lots of three each side, then star jumps for 20 seconds.**



**BURPEE SQUATS 3/1**

Keep feet hip-width apart and move down into squat position, touching your elbow to your knees. Then move hands into the press-up position, with hands wider than shoulder-width apart, press up, then throw legs back before jumping back closer to your hands.

**Perform two lots of 15 with 20 seconds rest in between, then 20 seconds star jumps.**