



BEACH BODY PROGRAM

DAY 1 WEEK 1

CIRCUIT 1 Duration: 15 min. (including rest) | Weight: 20 lbs.



BURPES (15)

REPS

- 1. Stand with feet shoulder-width apart, arms at your sides.
- 2. Squat down, touching the ground with your hands.
- 3. Push up, jumping your feet back into the air and reaching your arms overhead.
- 4. Land softly and repeat.



10 MIN LUNGES

REPS

- 1. Stand with feet shoulder-width apart, arms at your sides.
- 2. Step forward with your right foot, lowering your hips until both knees are bent at a 90-degree angle.
- 3. Push back up to the starting position and repeat with the other leg.



PLANK

SECONDS

- 1. Lie on your stomach, propped up on your elbows.
- 2. Engage your core and hold the position for the specified time.
- 3. Breathe steadily throughout the hold.

CIRCUIT 2 Duration: 15 min. (including rest) | Weight: 20 lbs.



SQUATS

REPS

- 1. Stand with feet shoulder-width apart, arms at your sides.
- 2. Squat down, touching the ground with your hands.
- 3. Push back up to the starting position and repeat.



LUNGES

REPS (10 ON EACH SIDE)

- 1. Stand with feet shoulder-width apart, arms at your sides.
- 2. Step forward with your right foot, lowering your hips until both knees are bent at a 90-degree angle.
- 3. Push back up to the starting position and repeat with the other leg.



BURPES

REPS

- 1. Stand with feet shoulder-width apart, arms at your sides.
- 2. Squat down, touching the ground with your hands.
- 3. Push up, jumping your feet back into the air and reaching your arms overhead.
- 4. Land softly and repeat.

Exercise Library Beach Body Program Katya

**Jen Ator, Editors of Women's Health
Maga**



Exercise Library Beach Body Program Katya:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Exercise Library Beach Body Program Katya**

In a global inundated with screens and the cacophony of quick interaction, the profound energy and mental resonance of verbal artistry often fade into obscurity, eclipsed by the regular onslaught of noise and distractions. Yet, situated within the musical pages of **Exercise Library Beach Body Program Katya**, a captivating perform of literary splendor that pulses with organic thoughts, lies an remarkable trip waiting to be embarked upon. Penned with a virtuoso wordsmith, this interesting opus instructions visitors on a mental odyssey, delicately exposing the latent potential and profound impact stuck within the intricate internet of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is central styles, dissect their interesting writing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

<https://py.bijouxmedusa.com/results/Resources/default.aspx/good%20intentions%201%20elliott%20kay.pdf>

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