



BEACH BODY PROGRAM

DAY 1 WEEK 1

CIRCUIT 1 | Duration: 15 min | Calories: 150 | Rest: 30 sec



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 off the ground with your feet, jumping your feet back up and your arms straight up.
- 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.
- 4. Maintain a flat back and engage your core.



PLANK

SECONDS

- 1. Lie on your stomach, propped up on your elbows.
- 2. Lift your hips so your body forms a straight line from head to heels.
- 3. Hold this position for the duration of the set.
- 4. Breathe steadily and keep your core tight.

CIRCUIT 2 | Duration: 15 min | Calories: 150 | Rest: 30 sec



SQUATS

REPS

- 1. Stand with feet shoulder-width apart, toes slightly out.
- 2. Push your hips back and down, lowering your body until your thighs are parallel to the ground.
- 3. Push back up to the starting position.
- 4. Keep your back straight and core engaged.



CLAMS

REPS | 10 MIN

- 1. Lie on your side with knees bent at a 90-degree angle.
- 2. Lift your top leg, keeping your foot flat on the ground.
- 3. Lower your leg back down and repeat.
- 4. Keep your core tight and breathe steadily.



BURPES

REPS

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

Exercise Library Beach Body Program Katya

Carrie Ogawa Wong



Exercise Library Beach Body Program Katya:

Whispering the Techniques of Language: An Emotional Quest through **Exercise Library Beach Body Program Katya**

In a digitally-driven earth where monitors reign great and instant communication drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within words usually get unheard. However, located within the pages of **Exercise Library Beach Body Program Katya** a interesting fictional value pulsing with fresh thoughts, lies a fantastic quest waiting to be undertaken. Published by a skilled wordsmith, that wonderful opus encourages viewers on an introspective trip, delicately unraveling the veiled truths and profound impact resonating within the fabric of every word. Within the psychological depths of this touching evaluation, we shall embark upon a honest exploration of the book is key styles, dissect their interesting publishing fashion, and yield to the strong resonance it evokes strong within the recesses of readers hearts.

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