



BEACH BODY PROGRAM

DAY 1 WEEK 1

CIRCUIT 1 Duration: 15 min. (includes warm-up) | Rest: 20 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 or running forward into the air.
- 4. Land with feet back under your hips, arms bent at the elbows.
- 5. Stand up, reaching your arms overhead.



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.
- 4. Repeat with the left foot forward.



PLANK

SECONDS

- 1. Lie on your stomach, propped up on your elbows.
- 2. Lift your hips, forming a straight line from your head to your heels.
- 3. Hold this position for the duration of the set.

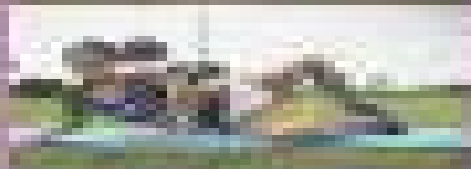
CIRCUIT 2 Duration: 15 min. (includes warm-up) | Rest: 20 sec.



SQUATS

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, standing back up.



CLAMS

REPS (RIGHT SIDE)

- 1. Lie on your side, propped up on your elbow.
- 2. Lift your hips, forming a straight line from your head to your feet.
- 3. Hold this position for the duration of the set.



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 or running forward into the air.
- 4. Land with feet back under your hips, arms bent at the elbows.
- 5. Stand up, reaching your arms overhead.

Exercise Library Beach Body Program Katya

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Exercise Library Beach Body Program Katya:

The Enigmatic Realm of **Exercise Library Beach Body Program Katya**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Exercise Library Beach Body Program Katya** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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