



BEACH BODY PROGRAM

DAY 1 WEEK 1

CIRCUIT 1 (20 min) **Cardio** (15 min) **Strength** (5 min) **Rest** (20 sec)



BURPES REPS: 15

- Start in a standing position with feet together.
- Squat down, touching the ground with your hands.
- Push off the ground and jump your feet back into the air.
- Land with feet together and jump your hands up towards your head.
- Repeat the sequence.



LUNGES REPS: 15

- Stand with feet hip-width apart.
- Step forward with your right foot.
- Lower your hips until both knees are bent at approximately 90 degrees.
- Push back up to the starting position.
- Repeat with the left foot forward.



PLANK DURATION: 15

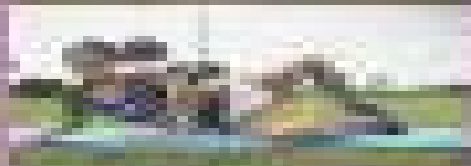
- Start on your hands and forearms, with elbows under your shoulders.
- Keep your body in a straight line from head to heels.
- Hold the position for the specified duration.

CIRCUIT 2 (20 min) **Cardio** (15 min) **Strength** (5 min) **Rest** (20 sec)



SQUATS REPS: 15

- Stand with feet hip-width apart.
- Squat down, touching the ground with your hands.
- Push off the ground and stand back up.
- Repeat the sequence.



LUNGES REPS: 15 ONY 500

- Stand with feet hip-width apart.
- Step forward with your right foot.
- Lower your hips until both knees are bent at approximately 90 degrees.
- Push back up to the starting position.
- Repeat with the left foot forward.



BURPES REPS: 15

- Start in a standing position with feet together.
- Squat down, touching the ground with your hands.
- Push off the ground and jump your feet back into the air.
- Land with feet together and jump your hands up towards your head.
- Repeat the sequence.

Exercise Library Beach Body Program Katya

Melisenda Edwards, Katalin Wight



Exercise Library Beach Body Program Katya:

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