



# BEACH BODY PROGRAM

## DAY 1 WEEK 1

**CIRCUIT 1** Duration: 15 min. (with 15 sec. rest) | 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 up, jumping your feet forward and your arms 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.
- 3. Push back up and repeat with the other leg.
- 4. Keep your back straight and core engaged.



### PLANK

SECONDS

- 1. Lie on your stomach, propped up on your elbows.
- 2. Engage your core and hold the position.
- 3. Breathe steadily and maintain a flat back.
- 4. Hold for the full duration.

**CIRCUIT 2** Duration: 15 min. (with 15 sec. rest) | Rest: 20 sec.



### SQUATS

REPS

- 1. Stand with feet shoulder-width apart, toes slightly out.
- 2. Lower your hips, pushing your knees out.
- 3. Push back up, standing tall.
- 4. Repeat for the full set.



### CLAMS

REPS (10 ON EACH SIDE)

- 1. Lie on your side, knees bent at 90 degrees.
- 2. Lift your top leg, keeping your foot flat.
- 3. Lower and repeat.
- 4. Switch sides after 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 up, jumping your feet forward and your arms up.
- 4. Land softly and repeat.

# Exercise Library Beach Body Program Katya

**Liying Dong**



**Exercise Library Beach Body Program Katya:**

## Decoding **Exercise Library Beach Body Program Katya**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Exercise Library Beach Body Program Katya**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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