



BEACH BODY PROGRAM

DAY 1 WEEK 1

CIRCUIT 1 (20 min) **Cardio** (15 min) **Strength** (5 min) **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 your feet and arms up into the air.
- 4. Land softly and repeat.



LEUNGES (15)

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 (20 min) **Cardio** (15 min) **Strength** (5 min) **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, jumping your feet and arms up into the air.



LEUNGES

REPS (15) (15)

- 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 off the ground with your feet, jumping your feet and arms up into the air.
- 4. Land softly and repeat.

Exercise Library Beach Body Program Katya

S Marginson



Exercise Library Beach Body Program Katya:

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

In a world inundated with monitors and the cacophony of instant interaction, the profound power and emotional resonance of verbal art frequently disappear into obscurity, eclipsed by the constant onslaught of noise and distractions. However, located within the lyrical pages of **Exercise Library Beach Body Program Katya**, a fascinating work of literary brilliance that impulses with natural emotions, lies an unforgettable trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that exciting opus courses visitors on a psychological odyssey, gently exposing the latent possible and profound affect embedded within the complex web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is central themes, dissect its captivating publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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