



BEACH BODY PROGRAM

DAY 1 WEEK 1

CIRCUIT 1 | Duration: 15 min | Cardio: 10 min | Weight: 20 min



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 with feet back together, arms at your sides.



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 off the ground, forming a straight line from your head to your feet.
- 3. Hold this position for the duration of the set.
- 4. Lower your hips back to the ground.

CIRCUIT 2 | Duration: 15 min | Cardio: 10 min | Weight: 20 min



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 back up and your arms straight up.
- 4. Land with feet back together, arms at your sides.



LUNGES

REPS | 10 MIN

- 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.



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 with feet back together, arms at your sides.

Exercise Library Beach Body Program Katya

Jianjun Gao



Exercise Library Beach Body Program Katya:

Embracing the Tune of Phrase: An Emotional Symphony within **Exercise Library Beach Body Program Katya**

In some sort of eaten by screens and the ceaseless chatter of instantaneous communication, the melodic elegance and psychological symphony produced by the written term often disappear into the back ground, eclipsed by the constant noise and distractions that permeate our lives. But, located within the pages of **Exercise Library Beach Body Program Katya** an enchanting fictional prize brimming with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that captivating masterpiece conducts readers on a psychological trip, well unraveling the concealed tunes and profound affect resonating within each cautiously constructed phrase. Within the depths of this poignant examination, we can discover the book is central harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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