



BEACH BODY PROGRAM

DAY 1 WEEK 1

CIRCUIT 1 | Duration: 15 min | Calories: 150 | Rest: 30 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 with feet back and arms down.
- 5. 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 to the starting position.
- 4. Repeat with the left foot.
- 5. Repeat.



PLANK

SECONDS

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

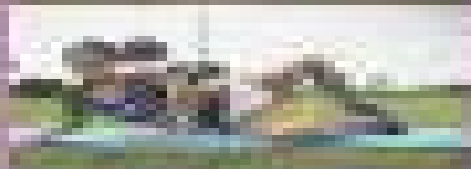
CIRCUIT 2 | Duration: 15 min | Calories: 150 | Rest: 30 sec



SQUATS

REPS

- 1. Stand with feet shoulder-width apart, arms at your sides.
- 2. Squat down, touching the ground with your hands.
- 3. Push back up to the starting position.
- 4. Repeat.



LUNGS

REPS | 10 MIN

- 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 to the starting position.
- 4. Repeat with the left foot.
- 5. Repeat.



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 with feet back and arms down.
- 5. Repeat.

Exercise Library Beach Body Program Katya

DK



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