



# BEACH BODY PROGRAM

## DAY 1 WEEK 1

**CIRCUIT 1** Duration: 15 min. (includes warm-up) | 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 with feet shoulder-width apart, arms at your sides.



### 1/2 SQUATS (15)

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 forward.



### PLANK

SECONDS

1. Lie on your stomach, propped up on your elbows.
2. Engage your core and hold the position.
3. Breathe steadily throughout the hold.
4. Lower your body to the ground and rest.

**CIRCUIT 2** Duration: 15 min. (includes warm-up) | 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 up, standing back up.
4. Repeat for the set.



### 1/2 SQUATS

REPS | 100% EFFORT

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 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 up, jumping your feet forward and your arms up.
4. Land with feet shoulder-width apart, arms at your sides.

# Exercise Library Beach Body Program Katya

**Roman Wölfel**



**Exercise Library Beach Body Program Katya:**

## Reviewing **Exercise Library Beach Body Program Katya**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Exercise Library Beach Body Program Katya**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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