



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 back into the air.
- 4. Land with feet back under your hips, arms at your sides.



LEUNG LUNGS

REPS

- 1. Stand with feet shoulder-width apart, arms at your sides.
- 2. Step forward with your right foot, lowering your hips.
- 3. Push up, jumping your feet back into the air.
- 4. Land with feet back under your hips, arms at your sides.



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 straight line from head to heels.
- 4. Lower your hips if you feel your back sagging.

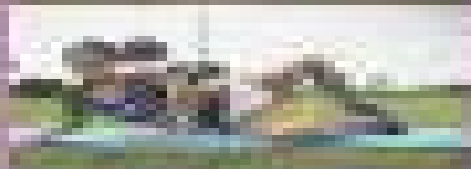
CIRCUIT 2 Duration: 15 min. (with 15 sec. rest) | Rest: 20 sec.



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, jumping your feet back into the air.
- 4. Land with feet back under your hips, arms at your sides.



LEUNG

REPS (15) | SECS

- 1. Stand with feet shoulder-width apart, arms at your sides.
- 2. Step forward with your right foot, lowering your hips.
- 3. Push up, jumping your feet back into the air.
- 4. Land with feet back under your hips, arms at your sides.



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 back into the air.
- 4. Land with feet back under your hips, arms at your sides.

Exercise Library Beach Body Program Katya

G. Zollo



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