



BEACH BODY PROGRAM

DAY 1 WEEK 1

CIRCUIT 1 Duration: 15 min. (including 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 off the ground, jumping your feet back into the air.
- 4. Land with feet back on the ground, arms extended forward.
- 5. Stand up, tuck your chin, and swing your arms back over your head.



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, forming a straight line from your head to your feet.
- 3. Hold this position for the duration of the set.

CIRCUIT 2 Duration: 15 min. (including 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 off the ground, standing back up.



LUNGES

REPS (10 ON EACH SIDE)

- 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, jumping your feet back into the air.
- 4. Land with feet back on the ground, arms extended forward.
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Exercise Library Beach Body Program Katya

Daniela Niemeyer



Exercise Library Beach Body Program Katya:

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