



# 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, and 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 until both knees are bent at a 90-degree angle.
- 3. Push back up to the starting position, and repeat with the other leg.



### PLANK

SECONDS

- 1. Lie on your stomach, propped up on your elbows.
- 2. Engage your core muscles, and hold the position for the specified time.
- 3. Breathe steadily throughout the hold.

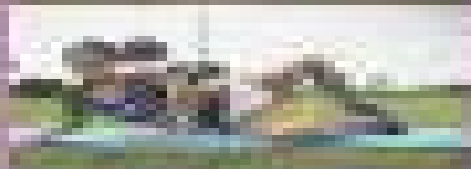
**CIRCUIT 2** Duration: 15 min. (including rest) | Rest: 20 sec.



### 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, jumping your feet back into the air.
- 4. Land with feet back on the ground, arms extended forward.
- 5. Stand up, and repeat.



### 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, and repeat with the other leg.



### 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.
- 5. Stand up, and repeat.

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## **Table of Contents Exercise Library Beach Body Program Katya**

1. Understanding the eBook Exercise Library Beach Body Program Katya
  - The Rise of Digital Reading Exercise Library Beach Body Program Katya
  - Advantages of eBooks Over Traditional Books
2. Identifying Exercise Library Beach Body Program Katya
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Exercise Library Beach Body Program Katya
  - User-Friendly Interface
4. Exploring eBook Recommendations from Exercise Library Beach Body Program Katya
  - Personalized Recommendations
  - Exercise Library Beach Body Program Katya User Reviews and Ratings
  - Exercise Library Beach Body Program Katya and Bestseller Lists

5. Accessing Exercise Library Beach Body Program Katya Free and Paid eBooks
  - Exercise Library Beach Body Program Katya Public Domain eBooks
  - Exercise Library Beach Body Program Katya eBook Subscription Services
  - Exercise Library Beach Body Program Katya Budget-Friendly Options
6. Navigating Exercise Library Beach Body Program Katya eBook Formats
  - ePub, PDF, MOBI, and More
  - Exercise Library Beach Body Program Katya Compatibility with Devices
  - Exercise Library Beach Body Program Katya Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Exercise Library Beach Body Program Katya
  - Highlighting and Note-Taking Exercise Library Beach Body Program Katya
  - Interactive Elements Exercise Library Beach Body Program Katya
8. Staying Engaged with Exercise Library Beach Body Program Katya
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Exercise Library Beach Body Program Katya
9. Balancing eBooks and Physical Books Exercise Library Beach Body Program Katya
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Exercise Library Beach Body Program Katya
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Exercise Library Beach Body Program Katya
  - Setting Reading Goals Exercise Library Beach Body Program Katya
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Exercise Library Beach Body Program Katya
  - Fact-Checking eBook Content of Exercise Library Beach Body Program Katya
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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