



# 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, then jump back into a plank position.
3. Push up, lifting your hips and feet off the ground, then jump back to the starting position.



### 1/2 SQUATS

REPS

1. Stand with feet shoulder-width apart, arms at your sides.
2. Step forward with your right foot, lowering your hips until your thighs are parallel to the ground.
3. Push back up to the starting position, then repeat with the other leg.



### PLANK

SECONDS

1. Lie on your stomach, propped up on your elbows, with your feet tucked under your knees.
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, then jump back into a plank position.
3. Push up, lifting your hips and feet off the ground, then jump back to the starting position.



### 1/2 SQUATS

REPS (10) AND SECS

1. Stand with feet shoulder-width apart, arms at your sides.
2. Step forward with your right foot, lowering your hips until your thighs are parallel to the ground.
3. Push back up to the starting position, then repeat with the other leg.



### PLANK

REPS

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

# Exercise Library Beach Body Program Katya

**Kayla Itsines**



**Exercise Library Beach Body Program Katya:**

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