



# 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 off the ground, jumping your feet back into the air.
- 4. Land with feet back together, arms extended overhead.
- 5. Lower into a squat, then jump back up.



### 1/2 SQUATS (15)

REPS

- 1. Stand with feet shoulder-width apart, arms at your sides.
- 2. Step forward with one foot, lowering your hips as if sitting on a chair.
- 3. Push back up to the starting position.
- 4. Repeat with the other leg 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 head to the ground, then push back up.

**CIRCUIT 2** Duration: 15 min. (includes warm-up) | Rest: 20 sec.



### SQUATS

REPS

- 1. Stand with feet shoulder-width apart, arms at your sides.
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- 4. Land with feet back together, arms extended overhead.



### 1/2 SQUATS

REPS (10) AND SECS

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# Exercise Library Beach Body Program Katya

**Thomas Griffiths**



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