

BEACH BODY PROGRAM

DAY 1 WEEK 1

CIRCUIT 1 | Duration: 15 min | Calories: 150 | Rest: 30 sec



BURPES (15)

REPS

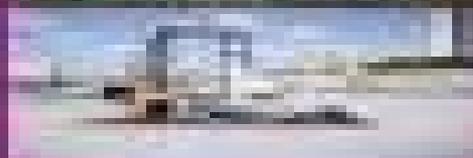
- 1. Stand with feet shoulder-width apart, arms at your sides.
- 2. Squat down, touching the ground with your hands.
- 3. Push back up to a standing position, lifting your knees and arms.



LEUNG LUNGS

REPS

- 1. Stand with feet shoulder-width apart, arms at your sides.
- 2. Step forward with your right leg, lowering your hips.
- 3. Push back up to a standing position.



PLANK

SECONDS

- 1. Lie on your stomach, propped up on your elbows.
- 2. Hold your body in a straight line from head to heels.
- 3. Breathe steadily and hold for the full duration.

CIRCUIT 2 | Duration: 15 min | Calories: 150 | Rest: 30 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 back up to a standing position.



LEUNG

REPS | 100% EFF

- 1. Stand with feet shoulder-width apart, arms at your sides.
- 2. Step forward with your right leg, lowering your hips.
- 3. Push back up to a standing position.



BURPES

REPS

- 1. Stand with feet shoulder-width apart, arms at your sides.
- 2. Squat down, touching the ground with your hands.
- 3. Push back up to a standing position, lifting your knees and arms.

Exercise Library Beach Body Program Katya

Zhe Xu



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