



# Beach Body Ready!



Do each exercise in order. You can choose a different level for each depending on your level and ability. Try to get as much work done as possible in 30 minutes. Do a 5 minute warm-up before workout. Just grab a stop watch and some weights, remember “DB” = dumbbell. Keep in mind your efforts so that you can beat your workout next time!

## PICK YOUR LEVEL OF DIFFICULTY

	<b>Exercise</b>	<b>Swim suit With cover up</b>	<b>One piece Bathing suit</b>	<b>Bikini</b>
1.	Run . . . fast	30 sec	60 Sec	90 Sec
2.	Hip bridge single legs	10 each leg	20 each leg	30 each leg
3.	Jump Squats	20	30	40
4.	Reverse lunge right leg w/DB	10	30	35
5.	Reverse lunge left leg w/DB	10	30	40
6.	Mountain climbers	30	50	70
7.	Sumo squats W/Weight	30	40	60
8.	Push ups	20	30	40
9.	Alternate jumping lunges	10	20	30
10.	1 Arm Row w/DB	10 each Arm	20 each Arm	30 each Arm
11.	One leg Step Ups on boxes	20/leg	30/leg	40/leg
12.	Triceps Dips (on box or step)	20	30	40
13.	Jump Rope	50 jumps	100 jumps	200 jumps
14.	Arm Side Raises w/DB	10	20	30
15.	Planks (On Elbows or Hands)	45 sec	1 min	2 min
16.	Arm Front Raises w/DB	10	20	30
17.	Bicep Curls w/DB	10	20	30
18.	Skaters (jump side to side)	10/ leg	20/leg	30/leg
19.	Plank w/Knee hop ins	20	30	40
20.	Side Plank –Right Side	30 sec	1 min	2 min
21.	Side Plank – Left Side	30 sec	1 min	2 min
22.	Plank to “T” Rotations	20 each side	30 each side	40 each side
23.	Elephant Jacks	15	25	30
24.	Get Ups/with DB	5	10	15
25.	Penguin Walks – Elastic Band on Ankles, Walk sideways	25 feet out then back	50 feet out then back	75 feet out and back
26.	Run Fast – 1 More Time!	30 sec	60 Sec	90 Sec
27.	Chest Press, back on ground	20	30	40
28.	Jack knife Abs	10/each side	20/each side	30/each side
29.	Jump rope	100 jumps	200 jumps	300 jumps
30.	Same hand and foot plank Walk out/back	10 steps to each side	20 steps to each side	30 steps to each side
31.	Wall sit, Back to wall, slide down to knees at 90 degrees	30 sec	1 min	2 min
32.	Bicycle Abs	10/leg	20/leg	30/leg