



VACATION WORKOUTS
BEACH WORKOUT

BEGINNER INTERMED ADVANCED

BW#1	TOTAL BODY	SETSxREPS	SETSxREPS	SETSxREPS
A1	SAND OR ROCK PUSH - UPS	3 x 10	4 x 15	5 x 20
A2	WALKING LUNGES	3 x 10	4 x 15	5 x 20
A3	SQUATS	3 x 10	4 x 12	5 x 16
B1	SAND SPRINT	4 x 30 SEC	4 x 40 SEC	4 x 60 SEC
B2	SAND JOG	4 x 30 SEC	4 x 40 SEC	4 x 60 SEC
C1	SITUPS	3 x 10	3 x 16	4 x 20
C2	BICYCLES	3 x 10	3 x 16	4 x 20
C3	PENGUINS	3 x 10	3 x 16	4 x 20
C4	PLANK	∞	3 x 40 SECS	4 x 60 SECS

BEGINNER INTERMED ADVANCED

BW#2		SETSxREPS	SETSxREPS	SETSxREPS
A1	SQUAT	5 x 10	6 x 12	8 x 14
A2	PUSH UPS	5 x 10	6 x 12	8 x 14
B1	WALL SIT	5 x 30 SEC	6 x 30 SEC	8 x 30 SEC
B2	DIAMOND PUSHUPS	5 x 10	6 x 12	8 x 14
B3	SITUP AND REACH	5 x 10	6 x 12	8 x 14
B4	SIDE SHUFFLE AND TOUCH	5 x 10	6 x 12	8 x 14
C1	PLANK SCISSORS	5 x 30 SEC	6 x 30 SEC	8 x 30 SEC