

# Beach Body Workout

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Upper Body	Cardio Abs	Lower Body	Cardio Abs	Upper Body	Cardio Abs	Free
Week 2	Lower Body	Cardio Abs	Upper Body	Cardio Abs	Lower Body	Cardio Abs	Free

# Upper Body Workout

Chest	Set	Reps	Rest	Weight
	Warm-Up	15	1min	
	1	10	1min	
	2	8	1min	
	3	6	30sec	
	4	12	2min	

Back	Set	Reps	Rest	Weight
	Warm-Up	15	1min	
	1	10	1min	
	2	8	1min	
	3	6	30sec	
	4	12	2min	

Shoulders	Set	Reps	Rest	Weight
	Warm-Up	15	1min	
	1	10	1min	
	2	8	1min	
	3	6	30sec	
	4	12	2min	

Triceps	Set	Reps	Rest	Weight
	Warm-Up	15	1min	
	1	10	1min	
	2	8	1min	
	3	6	30sec	
	4	12	2min	

Biceps	Set	Reps	Rest	Weight
	Warm-Up	15	1min	
	1	10	1min	
	2	8	1min	
	3	6	30sec	
	4	12	2min	

# Lower Body Workout

Quads	Set	Reps	Rest	Weight
	Warm-Up	15	1min	
	1	10	1min	
	2	8	1min	
	3	6	30sec	
	4	12	2min	

Hamstrings	Set	Reps	Rest	Weight
	Warm-Up	15	1min	
	1	10	1min	
	2	8	1min	
	3	6	30sec	
	4	12	2min	

Calves	Set	Reps	Rest	Weight
	Warm-Up	25	1min	
	1	23	1min	
	2	20	1min	
	3	18	30sec	
	4	20	2min	

# Cardio & Abs Workout

Abs	Set	Reps	Rest	Weight
	Warm-Up	25	1min	
	1	23	1min	
	2	20	1min	
	3	18	1min	
	4	20	2min	

Minutes	Intensity Level	Comments
1	Warm-Up	
2	Warm-Up	
3	Medium	
4	Medium	
5	Medium	
6	High	
7	Medium	
8	Medium	
9	Medium	
10	High	
11	Medium	
12	Medium	
13	Medium	
14	High	
15	Medium	
16	Medium	
17	Medium	
18	High	
19	Medium	
20	Medium	
21	Medium	
22	High	
23	Maximum	
24	Maximum	
25	Cool Down	

**Medium** = This intensity level should be more than just the casual stroll in the park.

*Example for stationary bike will be about 80 – 90 rpm.*

**High** = You should struggle a bit with this intensity level.

*Example for stationary bike will be about 100 – 110 rpm.*

**Maximum** = You have to use every drop of energy left in your body, imagine being chased by a dangerous animal!

*Example for stationary bike will be about 100 – 120 rpm.*