

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
Flat Bench Press Barbell	Warm-Up	15	1min	
Flat Bench Press Barbell	1	10	1min	
Flat Bench Press Barbell	2	8	1min	
Flat Bench Press Barbell	3	6	30sec	
Flat Dumbbell Fly	4	12	2min	

Back	Set	Reps	Rest	Weight
Bent Over Row Barbell	Warm-Up	15	1min	
Bent Over Row Barbell	1	10	1min	
Bent Over Row Barbell	2	8	1min	
Bent Over Row Barbell	3	6	30sec	
One Arm Dumbbell Rows	4	12	2min	

Shoulders	Set	Reps	Rest	Weight
Seated Shoulder Press	Warm-Up	15	1min	
Seated Shoulder Press	1	10	1min	
Seated Shoulder Press	2	8	1min	
Seated Shoulder Press	3	6	30sec	
Side Lateral Raises	4	12	2min	

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

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

Lower Body Workout

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

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

Calves	Set	Reps	Rest	Weight
Seated Calf Raises	Warm-Up	25	1min	
Seated Calf Raises	1	23	1min	
Seated Calf Raises	2	20	1min	
Seated Calf Raises	3	18	30sec	
Standing Toe Press	4	20	2min	

Cardio & Abs Workout

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

Cardio Activity: Stationary Bike

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.