



INTERMEDIATE BEACH BODY PROGRAM



Reminder!

Print off your photocard
and take your day 1 photo.
Make sure it's full length
and in color.



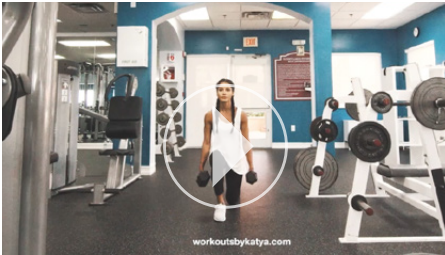
BEACH BODY PROGRAM

WEEK 1



WARM UP | Elliptical | Duration: 10-15 minutes

REST: 60 SECONDS BETWEEN EACH SET



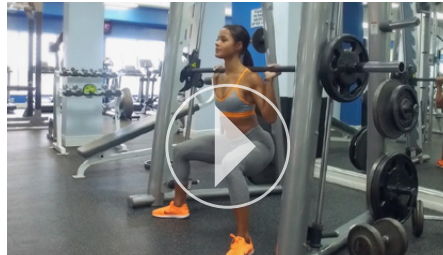
WEIGHT: LIGHT

WALKING LUNGES (DUMBBELLS)

SETS: 2

REPS: 10 | 10 (EACH SIDE)

- 1 Lunge forwards on one leg, stopping just before your back knee touches the ground
- 2 Pushing through your front heel, bring the back foot forwards until your feet are together again
- 3 Lunge forwards with your opposite foot this time, alternating each time and ensuring your hips stay level



WEIGHT: MODERATE

SUMO SQUATS (SMITH MACHINE)

SETS: 3

REPS: 12 | 10 | 10

- 1 Stand with your feet turned out and wider than shoulder-width, with the bar across the back of your shoulders
- 2 Pushing your hips back, and bending at the knees, sink to 90-degrees. Make sure you keep your back strong and concentrate the weight in your heels
- 3 Pause at the bottom, before driving through your heels and returning to the starting position



WEIGHT: MODERATE

KNEELING SQUATS

SETS: 3

REPS: 12 | 12 | 10

- 1 Kneel underneath a smith machine (you can kneel on a mat if that is more comfortable)
- 2 Position the barbell on your shoulders as you would with a regular squat
- 3 Lift and extend your hips making sure not to fully extend them
- 4 Pulse through this position



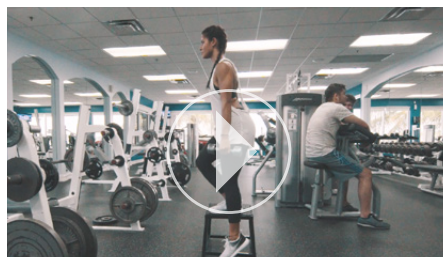
WEIGHT: MODERATE

ABDUCTOR MACHINE

SETS: 3

REPS: 10 | 10 | 8

- 1 Start the exercise by hinging your upper body slightly forwards on the machine, with your knees at 90 degrees in the foot stirrups
- 2 Adjust the width of the knee pads so the foot stirrups are together with the pads on the outside of each thigh
- 3 Push the knee pads out as wide as possible - pause briefly before slowly bringing them back together



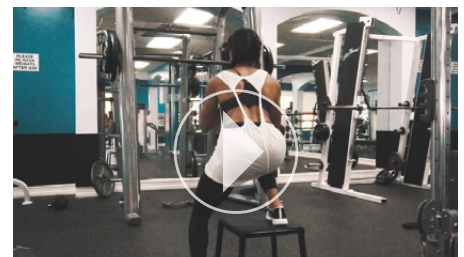
WEIGHT: LIGHT

STEP DOWNS (DUMBBELLS)

SETS: 3

REPS: 8 | 8 | 8

- 1 Stand tall on a step with one leg to the side and a dumbbell in each hand
- 2 By bending through the knee that is on the step, slowly lower your leg until it gently touches the floor
- 3 Push back up to the top by only using the leg on the step, ensuring your hips stay level
- 4 As you get more comfortable, you can increase the height of the step to make it more difficult



WEIGHT: BODY WEIGHT

PLYO SIDE STEP UPS

SETS: 3

30 SEC | 30 SEC | 30 SEC

- 1 Begin with your left foot on the box, with both feet shoulder-width apart
- 2 With all the weight in your left leg (on the box), push up and to the left so you switch feet on the box, and control your landing
- 3 Repeat as fast as possible, alternating each step and keeping your chest tall

COOL DOWN | Duration: 10 minutes | Light Cardio + Stretches

WARM UP | Elliptical | Duration: 10-15 minutes

REST: 60 SECONDS BETWEEN EACH SET



WEIGHT: MODERATE

REVERSE GRIP LAT PULLDOWN

SETS: 3

REPS: 12 | 10 | 12

- 1 Grip the bar shoulder-width with an underhand grip
- 2 Pull the bar down until it is at chest level, maintaining a straight back throughout
- 3 Elevate the bar back to the starting position, but maintain constant tension on your upper back



WEIGHT: MODERATE

BENT OVER ROW (DUMBBELLS)

SETS: 3

REPS: 10 | 10 | 8

- 1 Hold your dumbbells with a neutral grip, with your knees slightly bent, glutes squeezed and your upper body hinged forward to about 45-degrees
- 2 Pull the dumbbells towards you while keeping your elbows close to your sides and squeezing your shoulder blades together
- 3 Slowly lower the dumbbells, until your arms are straight



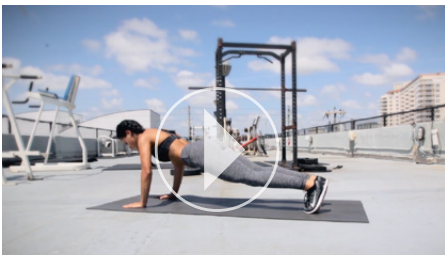
WEIGHT: BODY WEIGHT

INVERTED ROW

SETS: 3

REPS: 10 | 8 | 6

- 1 Grip the bar with an overhand grip and move your feet forwards - the further you go, the harder it is
- 2 While keeping your hips up, pull your chest towards the bar and squeeze your shoulder blades together
- 3 Pause at the top before slowly lowering back to the starting position



WEIGHT: BODY WEIGHT

PUSHUPS

SETS: 2

REPS: 12 | 10

- 1 Begin exercise on hands and feet (use knees if it's too difficult)
- 2 By bending the arms, slowly lower yourself towards the ground until your arms are at 90 degrees
- 3 Push through your whole hand to extend back to the starting position before repeating the movement



WEIGHT: BODY WEIGHT

DISH HOLD

SETS: 2

15 SEC | 15 SEC

- 1 While laying on your back, lift your chest and feet off the ground so you are in a hollow shape
- 2 Ensure your chin is slightly tucked, feet are squeezed together and your core is engaged
- 3 Hold this shape for the required amount of time



WEIGHT: BODY WEIGHT

HANGING KNEE RAISES

SETS: 3

REPS: 8 | 8 | 8

- 1 Support yourself on your forearms and push up through your shoulders with your chest up
- 2 Engage your core and lift your knees up as high as possible, pausing at the top
- 3 Slowly lower back down until your legs are straight before starting the next rep

COOL DOWN | Duration: 10 minutes | Light Cardio + Stretches



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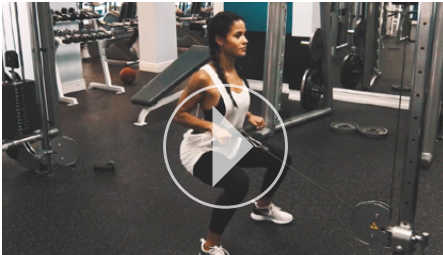


REST DAY



WARM UP | Elliptical | Duration: 10-15 minutes

REST: 60 SECONDS BETWEEN EACH SET



WEIGHT: LIGHT

SQUAT + ROW

SETS: 3

REPS: 12 | 10 | 8

- 1 Grasp the bar with both hands shoulder-width apart and take a step back so there's tension on the cable
- 2 Squat down until your thighs are parallel to the floor, squeeze your glutes and then perform a row while holding this position
- 3 Stand back up, focusing on keeping the weight in your heels and your chest up



WEIGHT: BODY WEIGHT

BOX JUMPS

SETS: 3

REPS: 10 | 10 | 10

- 1 Start with both feet shoulder width apart
- 2 Jump as high as possible landing safely on the box
- 3 Hop back down to the ground, controlling your landing and repeat the exercise



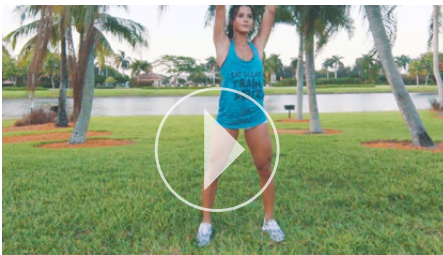
WEIGHT: BODY WEIGHT

MOUNTAIN CLIMBERS

SETS: 3

REPS: 20 | 20 | 15

- 1 Begin mountain climbers in the pushup position
- 2 While maintaining torso and hip stability, slowly bring your left knee to the left elbow
- 3 Slowly return to original starting position, before repeating with the right leg - this is 1 rep



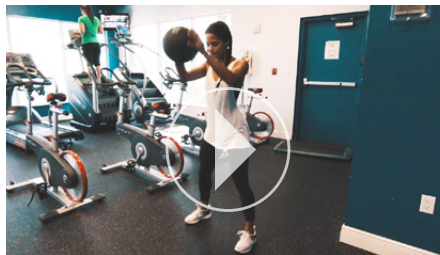
WEIGHT: LIGHT

THRUSTERS

SETS: 3

REPS: 12 | 10 | 8

- 1 With the dumbbells resting on your shoulders, squat down to about 45-degrees
- 2 Push back up and use the power from your squat to press the dumbbells up
- 3 Slowly lower the dumbbells and repeat, making the movement as continuous as possible



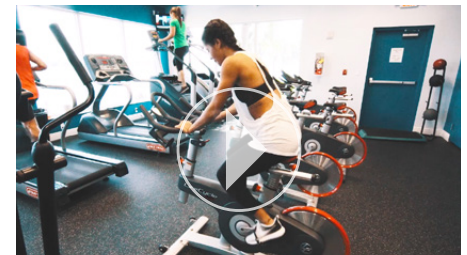
WEIGHT: LIGHT

MEDICINE BALL SLAMS

SETS: 3

10 | 10 | 10

- 1 Start by holding the medicine ball above your head in both hands
- 2 Throw it to the ground as hard as possible, using part of your squat to assist
- 3 Pick the ball up ensuring your back is straight and repeat as fast as possible, throwing harder each time



WEIGHT: MODERATE

BIKE INTERVALS

SETS: 5

60 SECONDS

- 1 Pedal as fast as possible with increased resistance for the interval
- 2 Instead of having rest between intervals, you will slowly pedal on the bike with low resistance for active recovery

COOL DOWN | Duration: 10 minutes | Light Cardio + Stretches



INTERMEDIATE BEACH BODY PROGRAM



REST DAY



WARM UP | Elliptical | Duration: 10-15 minutes

REST: 60 SECONDS BETWEEN EACH SET



WEIGHT: MODERATE

SMITH MACHINE SQUATS

SETS: 3

REPS: 12 | 10 | 12

- 1 Stand with your feet shoulder-width apart, with the bar across the back of your shoulders below your neck
- 2 Pushing your hips back, and bending at the knees, sink to 90-degrees. Make sure you keep your back strong and concentrate the weight through your heels
- 3 Pause at the bottom, before driving through your heels and returning to the starting position



WEIGHT: LIGHT

CABLE DEADLIFT

SETS: 3

REPS: 10 | 8 | 8

- 1 Stand with your feet wider than shoulder-width, legs straight, knees soft and grasp the ends of the rope attachment in either hand
- 2 With your arms straight and upper back engaged, push your hips forwards and hinge your torso upwards to stand up - keep your hands in contact with your legs
- 3 Slowly lower your torso, only going as low as you can with a straight back and keeping the weight in your heels
- 4 Ensure your core is braced and your glutes are engaged the whole time



WEIGHT: LIGHT

SMITH MACHINE LUNGES

SETS: 3

REPS: 12 | 10 | 10

- 1 Stand with your feet in a lunge, with the bar across the back of your shoulders below your neck
- 2 Sink straight down until your knee is just above the ground. Make sure you keep your back strong and concentrate the weight through your front heel
- 3 Pause at the bottom, before pushing back up and returning to the starting position
- 4 At the bottom of the lunge; the bar, your shoulders, hips, and back knee should be in a straight line - if they aren't, adjust your positioning so you are using the correct muscles



WEIGHT: MODERATE

MACHINE LEG PRESS

SETS: 3

REPS: 12 | 10 | 12

- 1 Place both feet on the leg press machine with your back straight against the chair
- 2 Push through your heels but do not fully extend your legs
- 3 Lower yourself back to the original position and repeat



WEIGHT: BODY WEIGHT

FIRE HYDRANT HOLD (STRAIGHT LEG)

SETS: 2

10 SEC | 10 SEC (EACH SIDE)

- 1 Begin exercise on hands and one knee, with the opposite leg stretched out to the side in line with your hips
- 2 Push out of your shoulders to engage your back and engage your core
- 3 Lift your extended leg as high as possible while maintaining hip stability and core tension - pause at the top
- 4 Slowly lower your leg and repeat for the other side



WEIGHT: BODY WEIGHT

BICYCLES

SETS: 3

40 SEC | 40 SEC | 40 SEC

- 1 Begin exercise lying on your back with your knees at 90 degrees
- 2 Crunch upwards, twisting one elbow to the opposite knee while extending the opposite leg and briefly pause
- 3 Return to original position, and repeat with opposite elbow and knee

COOL DOWN | Duration: 10 minutes | Light Cardio + Stretches

THIS IS AN OPTIONAL YOGA SEQUENCE - Transition from one pose to the next



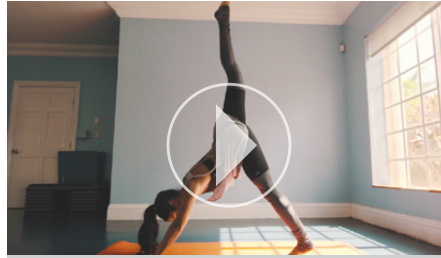
WEIGHT: BODY WEIGHT

TRİYAK TADASANA

SETS: 1

30-60 SECONDS

- 1 Stand straight with feet separated hip width.
- 2 Inhale and swing your arms overhead, aligned with ears
- 3 Interlace your fingers and turn your palms up
- 4 Exhale, bend to the right, opening the chest to the left. Keep the hips squared to the front
- 5 Hold for 30 seconds, breathing deeply
- 6 Inhale and come back to the center before repeating on the other side



WEIGHT: BODY WEIGHT

THREE-LEGGED DOWNWARD FACING DOG

SETS: 1

30-60 SECONDS

- 1 From Tadasana, join your feet, and place your palms flat on the floor, separated at hip distance
- 2 Exhale and place your feet back, one at a time. Adjust the posture to stack your shoulders over the wrists
- 3 Press your heels back to the floor while pushing your hips to the ceiling
- 4 Inhale and lift your right leg up, toes pointing towards the ceiling. Keep the left leg firm on the mat
- 5 Gaze forward and hold the posture for 30 seconds
- 6 Exhale and release the right leg before repeating on the other side



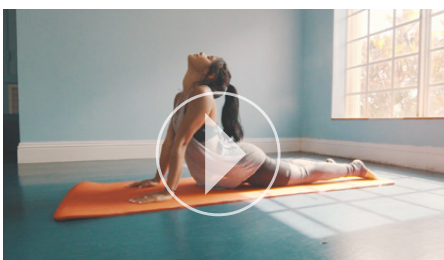
WEIGHT: BODY WEIGHT

SIDE PLANK

SETS: 1

30-60 SECONDS

- 1 From Downward Facing Dog pose, inhale and push your body forward into the plank position
- 2 Exhale and twist to your right, stacking the left foot over the right one
- 3 If you are stable here, lift the left arm into the sky
- 4 Hold the posture, keeping the core engaged and legs active for 30 seconds
- 5 Inhale and come back to plank
- 6 Exhale and repeat on the other side



WEIGHT: BODY WEIGHT

COBRA POSE

SETS: 1

30-60 SECONDS

- 1 From the Plank position, hold your breath and slide your body forward and lie down on your abdomen
- 2 Let the palms rest on either sides of your chest. Let the tops of your feet rest on the mat
- 3 Press your palms into mat, inhale, and lift your head and chest off the mat
- 4 Exhale and on the next inhale, deepen the backbend, lifting your torso off the mat with hips resting on the mat
- 5 Tilt your head backward and hold the posture gazing up and breathing deeply for one minute
- 6 Exhale and come back to starting position



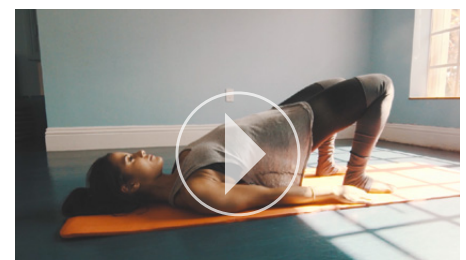
WEIGHT: BODY WEIGHT

BOW POSE

SETS: 1

30-60 SECONDS

- 1 Once you release Cobra Pose, bend your knees and hold each ankle with the respective hand
- 2 Inhale and push your torso until the lower abdomen is off the floor. Simultaneously, pull your feet away from the buttocks, lifting the knees and thighs off the mat in the process
- 3 Gaze forward and hold the posture for one minute
- 4 Exhale and gently release the posture



WEIGHT: BODY WEIGHT

BRIDGE POSE

SETS: 1

30-60 SECONDS

- 1 Once you release Bow Pose, roll to your right and lie down on your back. Let the palms rest alongside your hips
- 2 Bend your knees and keep your feet firm on the mat, as wide as your hips
- 3 Pressing the palms and feet firmly into the floor, inhale, and lift your hips, lower back, and upper back away from the mat
- 4 Tuck your chin slightly into the chest
- 5 Engage the core, squeeze your glutes and hold the posture for one minute
- 6 Exhale and release the pose slowly placing upper back, lower back, and hips on the floor