

## BEACH BODY 080916

### A. Legs

#### Single leg Bulgarian split squat

- Build to a 10 rep max on each leg. (left and right leg might be slightly different choose a weight you can perform on both)
- Drop to 85% and perform 3 sets of 10

### B. Workout

2 rounds for time:

- 50 Air squats (GET LOW)
- 25 Sit ups
- 50 Walking lunges (add weight if possible)
- 25 Lateral box-jumps 24/20
- 5 Air squats
- 25 Dips (box/bench/etc. Whatever is challenging for you)

### C. “The Post Workout Pump”

#### Dumbbell waterfall

Perform 40 alternating dumbbell curls (20 per arm).

Start as heavy as possible and work your way down by 5# increments until you reach 5# dumbbells.

## BEACH BODY 081016

### A. Muscle Toning

4 sets (A1/A2 are supersets one after another)

A1) Seated Dumbbell Overhead press 10-15 reps

A2) 30 med ball twists use heavy med ball or dumbbell or plate

90 sec rest between sets

4 Sets

B1) Dumbbell or barbell front raise 10-15 reps (slow and controlled) no swinging

B2) 30 V-ups

90 sec rest between sets

4 sets

C1) Lateral dumbbell raises (20-25 reps light weight and controlled)

C2) 30 sec L-sits (goal is unbroken. May have to accumulate seconds.)

90 sec rest between sets

### B. Workout

Sprints

10 sets

- Sprint 100m about 20-30 seconds if you don't have a track.
- Walk rest 100m about 1 minute if you don't have a track.

## BEACH BODY 081116

### A. Strength

#### 3 sets of

A1) 10 deadlifts (Heavy)

A2) farmer carry 100 m as heavy as possible

Rest 90 seconds between sets

#### 3 sets of

B1) 10 good mornings (4 sec eccentric motion)

B2) 60 sec plank (add weight on back if possible)

rest 90 seconds

#### 3 sets of

C1) 8-10 strict pull ups (overhand grip. Add weight if possible)

C2) dumbbell row 8-10 reps (2 sec pause at the top of rep. Slow and controlled movement throughout)

### B. Workout

3-5 rounds for times (try and push the pace but be consistent)

- 500 m row
- 20 burpees (jump over rower every rep)

Rest 2 minutes between rounds

## BEACH BODY 081216

### Strength:

1) Single leg Bulgarian split squat

3 sets of 10

(try to go heavier than last week)

Rest as needed before workout

### Workout:

For Time 3 Rounds of:

- 30 Back squats 95/65#
- 30 Push ups
- 60 Sit ups

Rest as needed before workout 2

### For Completion:

21-18-15-12-9-6-3

- Barbell Curl 45/25
- Dips (bar, ring, box...etc)

## BEACH BODY 081316

### Strength 1:

4 Sets

1) 12 Incline DB press @ 30 degrees

2)12 Flat DB press

3)12 Incline Fly

45 sec rest between each movement

### Strength 2:

4 sets

1) 12 Standing DB Press workout

2) 12 Lateral Raises

3) 12 Rear Delt Fly

45 sec rest between each movement

### Strength 3:

4 sets

1) 12 Dips

2) 12 Tricep Extensions

45 sec rest between sets

Rest as needed before workout

### Workout:

For time

### Shuttles

3 Sets

Run 25 yards and back, 50 yards and back, 75 yards and back 100 yards and back

Rest 2 mins

## BEACH BODY 081416

### Strength 1:

3 Sets of

1)6 Deadlifts (Heavy)

2)Farmer walk 100 m as heavy as possible

rest 90 secs between sets

### Strength 2:

3 Sets of

1)5 good mornings (4 sec eccentric motion)

Rest 45 secs

2)10 Hanging leg raises

rest 90 secs

### Strength 3:

3 Sets of

1)10-12 Strict pullups (overhand grip. Add weight if possible)

1 min rest between sets

1)Dumbbell row 12 reps (2 sec pause at the top of rep. Slow and controlled movement throughout)

1 min rest between sets

Rest as needed before workout

### Workout:

FOR TIME

10 Rounds

- 250 M row
- 10 Pushups

rest 1 min between rounds

## BEACH BODY 081516

### Workout

“THE CALORIE BURNER”

5 Rounds:

AMRAP 3:00

- 3 Burpee box jump overs (24/20#)
- 6 Power cleans 135/85#
- 9 Air squat

Rest 1:00 Between Rounds