



BEACH WORKOUT - STRENGTH & CARDIO NO EQUIPMENT NEEDED

****set up cones/markers in a 20ft X 20ft square**

Mobility:

- 5/5 Quadruped Thoracic Twist + Child's Pose
- 5/5 Lunge Hip Flexor Pulse to Hamstring Stretch
- 10/10 Pigeon Mobility
- 5/5 Standing Straddle, hands on ground, twist one are up at a time
- Long Jog 2min

STRENGTH #1

2 Rounds of:

- 10 Squats
- 10 Squat jumps
- 10 Sec squat hold

CARDIO #1

3 Rounds of:

- Square Shuttles (Stand in middle of square and run to all 4 corners cutting back to the middle each time)

STRENGTH #2

- 5 Push-ups with alt. arm and leg reach (both sides after each push-up)
- 10/10 Plank walk ups
- 15/15 Reverse Lunge to Single leg hop
- 20/20 Bicycle Crunches

CARDIO #2

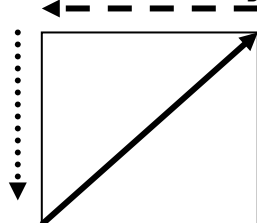
- 10 Jump Lunges to sprint there and back twice
- 5 Tuck Jumps to sprint there and back twice
- 20 Quick Lateral Hops to sprint there and back twice (between cones 20ft apart)

STRENGTH #3

- 5/5 Push Position to Bear Crawl (keep back flat)
- 10/10 Reverse Lunge to RDL
- 10/10 Side Plank Hip Tap
- 20 Full Sit-ups

CARDIO #3

Use 20X20 Square
3 rounds each way



———— SPRINT
- - - - SHUFFLE
..... BACKPEDAL

CORE:

- 20/20 Front Plank Hip Taps
- 20/20 Side Plank Knee to Elbow
- 15 V-ups
- 10/10 Side Plank Curl Under