



Sun Is Shining : Beach Workout

The summer is here! Stay on track with your training and make the most out of the great weather by training outside/on the beach! The added benefits of safe sun exposure include improved brain function, happiness levels, boosts the immune system and improves sleep quality. Let's take this to the sand!

[Click here for the tutorial workout video.](#)

Beach Workout	Exercise	Sets	Reps	Weights	Notes
Warm up	Lateral lunges	2	10 yards left/right	Bodyweight	Complete these 3 exercises as a circuit.
	Bear crawls	2	10 yards left/right	Bodyweight	
	Broad jumps	2	10 yards left/right	Bodyweight	
Strength 1	Swings or walkouts	5	20 or 10	Bodyweight	Rest as needed throughout.
	Push-ups	5	5-10	Bodyweight	
Strength 2	Kettlebell/band rows	5	20 (or 10 each side)	Kettlebell or band	Rest as needed throughout.
	Deadbugs	5	20 (10 each side)	Bodyweight	
Conditioning 1	5 burpees 10 yard sprint 10 yard walking lunges	5 round as fast as possible	5 reps 10 yards 10 yards	Bodyweight Bodyweight Bodyweight	Complete these 3 exercises as a circuit.

Notes:

- You'll need a moderate density resistance band and maybe a kettlebell for this training plan. [*Click here to buy](#) resistance bands. [Click here to kettlebells](#)
- Go to knees for push-ups when needed

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