

# The Beach Body Workout

When your goal is to torch calories in a hurry, **the secret is to do sets of two moves back-to-back with no rest.** It's called a "superset," and it'll increase your metabolic rate by 13 percent.

## Dumbbell Step Up

Hold a pair of dumbbells and stand facing a bench or step. Put your left foot on the bench (A), push down through your left heel, and lift your right leg up (B). Return to start. That's 1 rep.

Do 8 reps leading with your left leg, then 8 reps leading with your right leg. Now carry on immediately with Move 2.



**MOVE 1**

## Stability Ball AB Pike

Start in pushup position with your shins resting on a stability ball (A). Brace your abs and keep your legs straight as you raise your hips toward the ceiling, drawing the ball toward your arms (B). Hold for 1 second and roll back to start. That's 1 rep. Do 10.



**MOVE 2**

**SUPERSET 1** Do a set of move 1, then immediately a set of move 2. Rest 30 seconds, then do superset 2.

## Dumbbell Chest Press

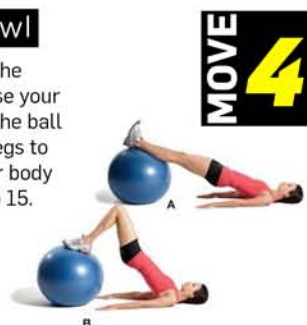
Lie on a bench with your feet flat on the floor or bench platform. Hold a dumbbell in each hand on either side of your chest, upper arms parallel to the floor (A). Press the weights straight up (B). Pause, then slowly lower back to start. That's 1 rep; do 8.



**MOVE 3**

## Stability Ball Leg Crawl

Lie on the floor, calves on top of the ball. Squeeze your glutes and raise your hips (A). Bend your knees to roll the ball toward you (B). Straighten your legs to roll the ball back, then lower your body to the floor. That's 1 rep. Do 10 to 15.



**MOVE 4**

**SUPERSET 2** Do a set of move 3, then immediately a set of move 4. Rest 30 seconds, then do superset 3.

## Dumbbell Row

Place your left knee and left hand on a bench. Hold a dumbbell in your right hand, palm facing the bench (A). Slowly bend your elbow and pull the dumbbell up as far toward your shoulder as possible (B). Pause, then lower the dumbbell back to start. That's 1 rep. Do 12 on each side.



**MOVE 5**

## Cross Body Mountain Climber

Start at the top of the pushup position (A). Keeping your abs braced, pick up your right foot and slowly bring your right knee toward your left shoulder (B). Return to start. Alternate legs until you complete 12 reps per leg.



**MOVE 6**

**SUPERSET 3** Do a set of move 5, then immediately a set of move 6. Rest 30 seconds, then do superset 4.

## Bodyweight Lunge

Stand with your feet hip-width apart (A). Step forward with your left leg, bending your left knee until both legs form 90-degree angles—your right knee should nearly touch the floor (B). Push back to start. Repeat, stepping forward with your right leg. Alternate legs for a total of 12 lunges on each side.



**MOVE 7**

## Plank

Assume a modified push up position with elbows on the floor and beneath your shoulders. Keep your shoulder blades back and down and your body in a straight line. Brace your abs and hold the position for 30 seconds.



**MOVE 8**

**SUPERSET 4** Do a set of move 7, then immediately a set of move 8. Rest 30 seconds, then repeat superset 1.