

# The Beach Physique METHOD

## LITTLE BLACK DRESS WORKOUT



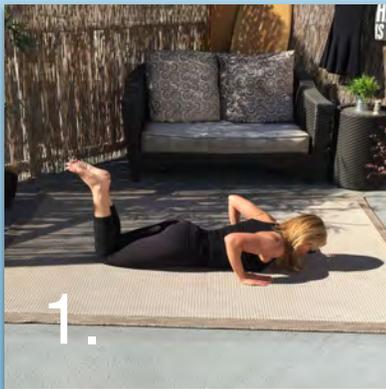
**Jumping Jacks**  
Tighten your abs



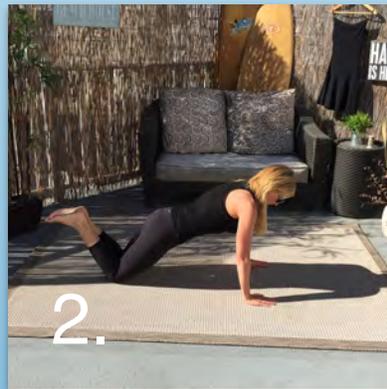
**Stand Tall**  
Hands up. Breathe.



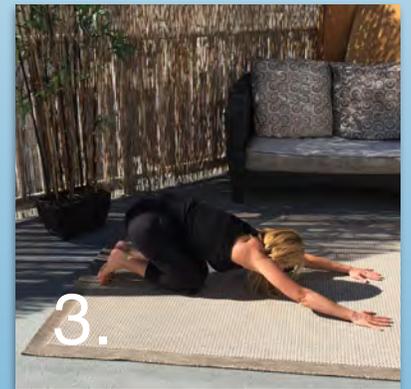
**30-60 seconds.**  
Get ready to feel fabulous



**Modified Push Ups**  
Line up Hands with Chest



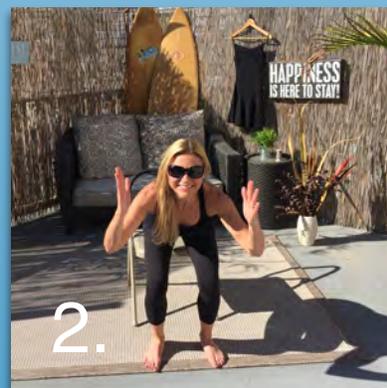
Tighten your abs, press your palms down and lift



**10-15 Push ups**  
Finish with a deep stretch



**Chair Squats**  
Feet hip width apart



Squat back and touch the chair with your booty

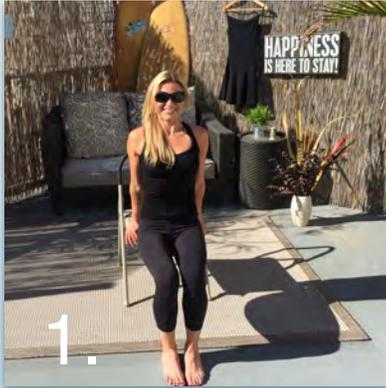


Tighten your abs and stand tall.... Repeat 15-20 times

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**1. Chair Dips**  
Straight arms off chair



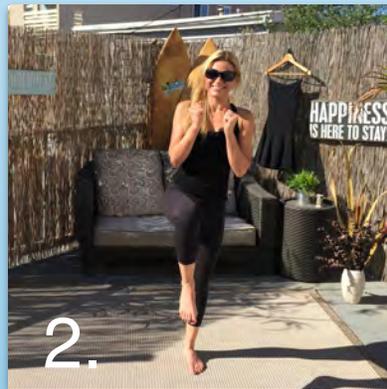
**2.** Fingers towards you, bend elbows 90° using triceps



**3.** Press up and Repeat 15-20 times don't forget to breathe



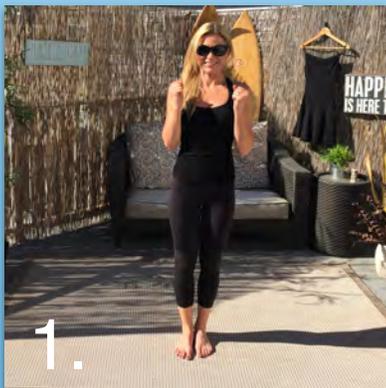
**1. Side Kicks Right**  
Stand strong abs tight



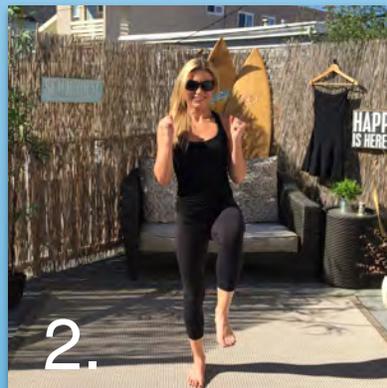
**2.** Lift knee to waist height  
Keep your balance



**3.** Kick out to the side,  
Repeat 15 times



**1. Side Kicks Left**  
Stand strong abs tight



**2.** Lift knee to waist height  
Keep your balance



**3.** Kick out to the side,  
Repeat 15 times

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## LITTLE BLACK DRESS WORKOUT



**Standing Side Crunch**  
Stretch Right arm and leg.



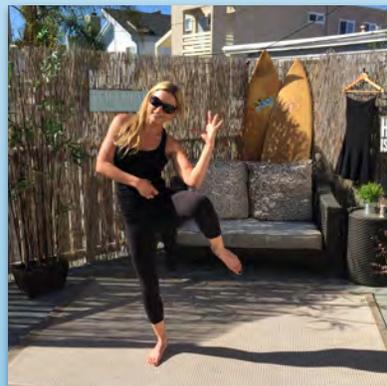
Tighten your abs and pull your knee to your elbow



Back to center and Repeat 10 Times



**Standing Side Crunch**  
Stretch Left arm and leg.



Tighten your abs and pull your knee to your elbow



Back to center and Repeat 10 Times

Go ahead and repeat this program two to three times a day but remember; Once a day is more than you may have done in the past so work up to it. Set goals and follow through with them. You will be so happy you did and your results are limitless.

The key to weight loss and positive self imagery is consistency. By Constantly working towards your goals you feel better about yourself and everything around you.

For more information on this program and other programs visit;  
[BeachPhysiqueMETHOD.com](http://BeachPhysiqueMETHOD.com)

Remember to consult your personal physician prior to beginning this or any work out or weight loss program.