

The Beach Physique METHOD

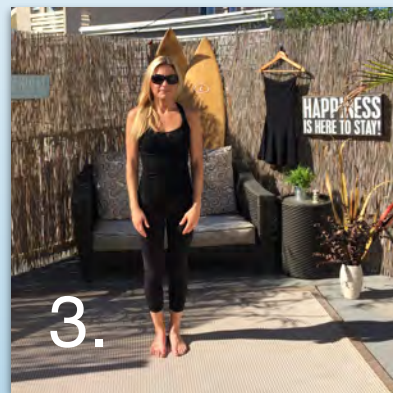
LITTLE BLACK DRESS WORKOUT



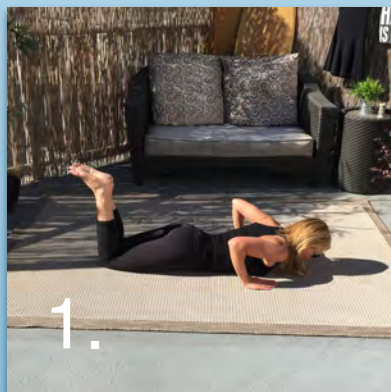
Jumping Jacks
Tighten your abs



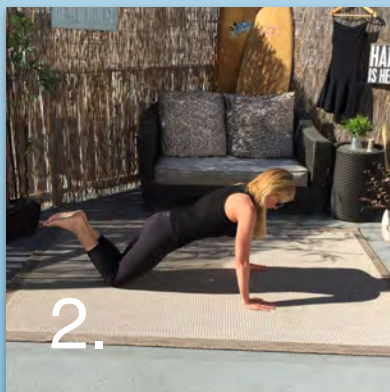
Stand Tall
Hands up. Breathe.



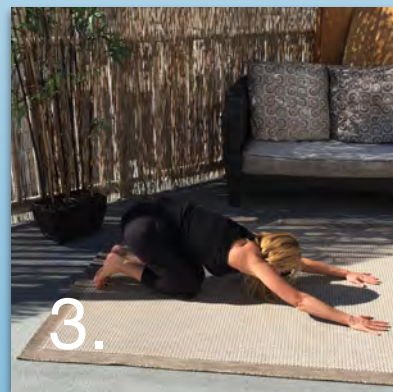
30-60 seconds.
Get ready to feel fabulous



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



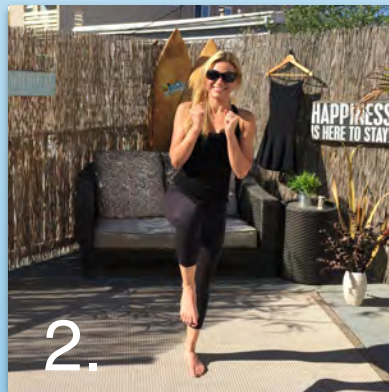
3.

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



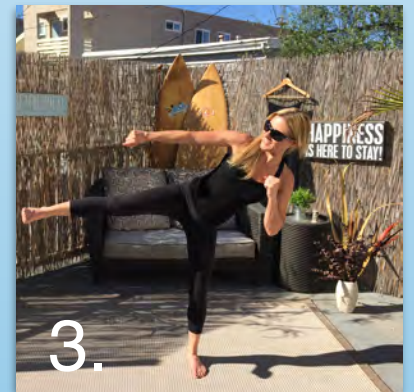
1.

Side Kicks Right
Stand strong abs tight



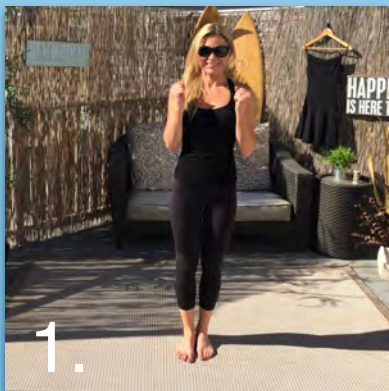
2.

Lift knee to waist height
Keep your balance



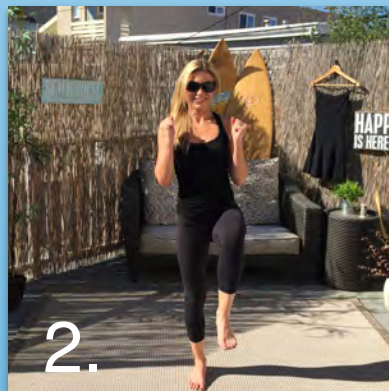
3.

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.



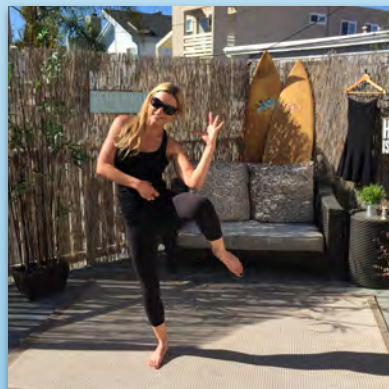
Tighten your abs and pull your knee to your elbow



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

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