Beach Bum Workout!
32 min · Abs, Back, Chest, Legs

If you're lucky enough to be rockin' on a beach, why not try out this workout. It'll even out that tan too!

Inchworms
2 sets 10 reps 60 sec rest
4 seconds out, pause for 2 seconds, 4 seconds in

Standing Long Jumps
3 sets 8 reps 60 sec rest
Big jumps!

Leg Pull-In Knee-ups
3 sets 10 reps 60 sec rest
Pull those legs in!

Decline Push-ups
3 sets 8 reps 60 sec rest
Use a deck chair :D

Tuck Jumps
3 sets 8 reps 60 sec rest
In and out of the tide!

Windshield Wipers
3 sets 20 reps 60 sec rest
Wipe away the sea...
**Inchworms / Walkouts**

Primary muscle group(s):
Abs, Glutes & Hip Flexors, Lower Back

Secondary:
Biceps, Calves, Chest, Forearms, Shoulders

Stand tall with your legs extended straight.
Bend over from the hips and touch the floor with your palms flat on the floor.
Keep your legs straight as you walk your hands as far forward as you can. Don’t let your hips sag.
Take small steps and walk your feet to your hands.
Continue for the desired amount of repetitions and then straighten up to the starting position.

**Standing Long Jumps**

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings

Begin by standing tall with a straight back and tight core. Slightly bend the knees and push the hips back. Bring the hands up and keep the chest up. Feet should be shoulder-width apart.
Jump and launch yourself forward. Swing your arms back and use the momentum.
Land in a squat position. Knees are bent and hips are back. Return to starting position and repeat.
Leg Pull-In Knee-ups

Primary muscle group(s):
Abs

Secondary:
Lower Back

Lie flat with hands under your buttocks.
Keep your knees together and pull them in towards you while moving your torso towards them (lift your head, neck and shoulders up).
Hold and then slowly return to starting position.

Decline Push-ups / Pushups

Primary muscle group(s):
Chest

Secondary:
Abs, Shoulders, Triceps

Facing down, place yourself on the ground with your hands flat on the floor, directly below your shoulders.
Place your feet on top of a bench or box. Only your toes and balls of your feet should be touching the floor.
Maintain a flat back and tight core before lowering your chest towards the ground.
Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one.
Push yourself back to the starting position by straightening your arms. Do not lock out your elbows.
Repeat.
**Tuck Jumps**

Primary muscle group(s):  
Hamstrings, Quadriceps

Secondary:  
Abs, Calves, Glutes & Hip Flexors

Place your feet at shoulder-width with your toes pointed slightly out. Brace your core and keep your chest up.

Bend first at the knees then at the hips. Lower yourself slightly to pre-engage the hamstring muscles. Now launch yourself up into the air.

At the same time, bring your knees up towards your chest in midair. Land on both feet with slightly bent knees. Move right into your next jump.

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**Windshield Wipers**

Primary muscle group(s):  
Abs, Obliques

Lie on an exercise mat, keeping your back flat with no arching of the spine.

Extend your arms out beside you at shoulder level, with your palms pressed firmly to the floor. Your upper body should form a “T” shape.

Raise your feet off the floor by bending your hips and knees to 90 degree angles. This is the start position.

As you exhale, rotate both your thighs to one side until the outer thigh touches the ground or until you feel a stretch in your abs and lower back.

Pause briefly, then rotate to the other side without pausing in the start position.

When you have rotated to both sides, that is one repetition.

Repeat for the desired number of repetitions.

知名品牌有3种难度级别：初学者 – 膝盖和髋关节弯曲如上述所述；中级 - 脚抬起，膝盖90度但髋部保持在中立位置；高级 - 腿部伸直，髋关节弯曲90度，你的身体形成一个“L”形。