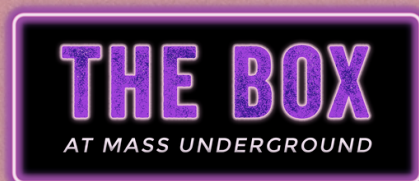


THE ULTIMATE
BEACH MUSCLES WORKOUT

BICEPS, BACK & CHEST

Quick & Savage Edition



WWW.THEBOXBOSTON.COM

SET OF MEDIUM & HEAVY DUMBBELLS

WARMUP: 1X

- 5 INCHWORMS WITH 1 PUSHUP
- 10 SUPERMANS
- 20 MOUNTAIN CLIMBERS

CIRCUIT 1: MEDIUM WEIGHTS; 3X

- 10 BICEP CURLS
- 10 CROSS BODY BICEP CURLS (EACH ARM)
- 10 REVERSE GRIP BENT OVER ROWS

30 SEC SHAKE OUT IN BETWEEN EACH ROUND

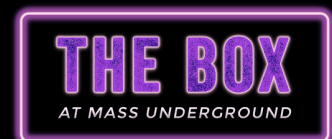
CIRCUIT 2: HEAVY WEIGHTS

CHEST PRESS LADDER

GOAL: 15 SEC BREAK IN BETWEEN EACH SET OF REPS

COMPLETE ALL REPS IN UNDER 5 MINUTES

- 10 REPS
- 8 REPS
- 6 REPS
- 4 REPS
- 2 REPS
- 4 REPS
- 6 REPS
- 8 REPS
- 10 REPS



CIRCUIT 3: MEDIUM WEIGHTS; 3X

- 10 HAMMER CURLS
- 10 UPRIGHT ROWS
- 10 REAR DELT FLYS

30 SEC SHAKE OUT IN BETWEEN EACH ROUND

CIRCUIT 4: HEAVY WEIGHTS; LAT PULLOVER, PUSHUPS & GORILLA ROWS

LATS - 1 HEAVY

PUSHUPS - POP THOSE ELBOWS WIDE!

GORILLA ROWS- GO FOR BOTH HEAVY!

**GOAL: 15 SEC BREAK IN BETWEEN EACH SET
OF REPS, COMPLETE ALL REPS IN UNDER 6
MINUTES**

- 10 REPS
- 8 REPS
- 6 REPS
- 4 REPS
- 2 REPS
- 4 REPS
- 6 REPS
- 8 REPS
- 10 REPS

