

# BEACH BABE

## set the bar

This is a great routine to track your fitness level and cardiovascular improvements!  
We recommend going through the Set the Bar routine and filling in the chart every 2 weeks.

	START	WEEK 2	WEEK 4	WEEK 6	WEEK 8
Pre-Workout Resting Heart Rate (Count for 10 sec. and multiply by 6)					
Mid-Section (at belly button)					
Hips (around the bum)					
Arms (between elbow + shoulder)					
Thighs (just below your bum)					
Love Pushups					
Starfish Situps					
Plyo Lunges					
Plank					
Burpees (a.k.a. Excited Kitty)					
Working Heart Rate (Take immediately after workout; count for 10 sec. x 6)					
Recovery Heart Rate (Take after 1 minute; count for 10 sec. x 6)					

As these numbers get lower,  
your cardiovascular fitness  
is improving!