



# BEST OF THE BEACH

day 1

day 2

day 3

day 4

day 5

day 6

day 7

<b>Total Body</b>  <b>6:40 STRONG</b> WITH KATRINA	<b>HIIT/Yoga</b>  <b>HIIT 'N FLOW</b> WITH CHEVY	<b>Upper Body</b>  <b>ARMS ON FIRE</b> WITH STEF	<b>Booty</b>  <b>MANHATTAN BEACH BOOTY</b> WITH KATRINA	<b>Core</b>  <b>LOWER ABS BURNER</b> WITH CHEVY	<b>Total Body</b>  <b>KETTLEBELL STRENGTH</b> WITH NATASHA	<b>REST DAY</b> R&R / WALK
<b>HIIT</b>  <b>TABATA BABE</b> WITH STEF	<b>Pilates/Core</b>  <b>PILATES STRENGTH + ABS</b> WITH AMBER	<b>Yoga</b>  <b>FIRE + FLOW</b> WITH KARENA	<b>Booty</b>  <b>ABSOLUTELY BOOTYFUL</b> WITH KATRINA	<b>Yoga/Arms</b>  <b>YOGA ARM TONE</b> WITH CHEVY	<b>Core</b>  <b>ROCKIN CORE</b> WITH TORI	<b>Lower Body/HIIT</b>  <b>LOWER BODY HIIT</b> WITH DALIA
<b>REST DAY</b> R&R / WALK	<b>Yoga</b>  <b>BALANCED BABE</b> WITH CHEVY	<b>Arms/Abs</b>  <b>BIKINI ARM TONE + ABS</b> WITH KARENA & JILLIAN	<b>Lower Body</b>  <b>LEGS + BOOTY BLAST</b> WITH TORI	<b>Yoga/Abs</b>  <b>YOGA ABS</b> WITH ALEX	<b>Cardio</b>  <b>CARDIO GROOVE</b> WITH SOPHIA	<b>Total Body</b>  <b>BEACH BODY BLAST</b> WITH NATASHA, STEF & DALIA