

# ***Beach Bootcamp***

## **12 BODYWEIGHT BEACH WORKOUTS**



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# Beach Bootcamp

## 12 BODYWEIGHT BEACH WORKOUTS



### **WARM UP**

HEEL RAISES  
JUMPING JACKS  
SQUATS  
GOOD MORNING

10 Reps of each move  
Repeat 2 More Times

### **Day 1 – Beach Workout**

30 seconds of work and 30 seconds to transition

Squat Jumps– 30 seconds  
RENEGADE Row – 30 seconds per side (back to back)  
Lunges – 30 seconds per side (back to back)  
Pushups – 30 seconds  
Reverse Lunge – 30 seconds per side (back to back)  
Pushups – 30 seconds

Rest 1 minute and repeat 1 more time...

Rest for 2 minutes

### **Finisher**

5 Burpees every minute on the minute for 5 minutes

Static Stretching

# Beach Bootcamp

## 12 BODYWEIGHT BEACH WORKOUTS



### WARM UP

Glute Bridge x 30 seconds  
Mountain Climbers x 30 seconds  
Good Mornings x 30 seconds  
Jumping Jacks x 30 seconds

Repeat

### Day 2 Beach Workout

30 seconds of work and 30 seconds to transition

Side Lunges  
Mountain Climbers  
Frog Jumps  
Inch Worms  
Wide Push Ups  
Squat Thrust

Rest 1 minute and repeat 1 more time...

Rest for 2 minutes

### Finisher

Bear Crawls for 30 seconds rest for 30 seconds  
Repeat for 5 rounds

Static Stretching

# Beach Bootcamp

## 12 BODYWEIGHT BEACH WORKOUTS



### WARM UP

Total Body Extension x 30 seconds

Seal Jumping Jacks x 30 seconds

High Knees x 30 seconds

Repeat

### Day 3 Beach Workout

30 seconds of work and 30 seconds to transition

Turkish Get Up Right Arm (no resistance)

Turkish Get Up Left Arm (no resistance)

Crab Walks Forward

Crab Walks Backwards

Single Leg Deadlift Right Leg (Bodyweight or Kettlebell)

Single Leg Deadlift Left Leg (Bodyweight or Kettlebell)

Rest 1 minute and repeat 2 more times...

Rest for 2 minutes

### FINISHER

20 Yard Side Shuffle

5 Diamond Push Ups

Repeat every minute on the minute for 5 minutes

Static Stretch



# Beach Bootcamp

## 12 BODYWEIGHT BEACH WORKOUTS



### WARM UP

HEEL RAISES  
JUMPING JACKS  
SQUATS  
GOOD MORNING  
10 Reps of each move

### Day 4 – Beach Workout

30 seconds of work and 30 seconds to transition

Squat Jumps– 30 seconds  
RENEGADE Row – 30 seconds per side (back to back)  
Lunges – 30 seconds per side (back to back)  
Pushups – 30 seconds  
Reverse Lunge – 30 seconds per side (back to back)  
Pushups – 30 seconds  
Rest 1 minute and repeat 1 more time...

Rest for 2 minutes

### Finisher

5 Burpees every minute on the minute for 6 minutes

Static Stretching

# Beach Bootcamp

## 12 BODYWEIGHT BEACH WORKOUTS



### WARM UP

Glute Bridge x 30 seconds  
Mountain Climbers x 30 seconds  
Good Mornings x 30 seconds  
Jumping Jacks x 30 seconds

Repeat

### Day 5 Beach Workout

30 seconds of work and 30 seconds to transition

Side Lunges  
Mountain Climbers  
Frog Jumps  
Inch Worms  
Wide Push Ups  
Squat Thrust

Rest 1 minute and repeat 1 more time...

Rest for 2 minutes

### Finisher

Bear Crawls for 30 seconds rest for 30 seconds  
Repeat for 5 rounds

Static Stretching

# Beach Bootcamp

## 12 BODYWEIGHT BEACH WORKOUTS



### WARM UP

Total Body Extension x 30 seconds

Seal Jumping Jacks x 30 seconds

High Knees x 30 seconds

Repeat

### Day 6 Beach Workout

30 seconds of work and 30 seconds to transition

Turkish Get Up Right Arm (no resistance)

Turkish Get Up Left Arm (no resistance)

Crab Walks Forward

Crab Walks Backwards

Single Leg Deadlift Right Leg (Bodyweight or Kettlebell)

Single Leg Deadlift Left Leg (Bodyweight or Kettlebell)

Rest 1 minute and repeat 2 more times...

Rest for 2 minutes

### FINISHER

30 Yard Side Shuffle

5 Diamond Push Ups

Repeat every minute on the minute for 5 minutes

Static Stretch



# Beach Bootcamp

## 12 BODYWEIGHT BEACH WORKOUTS



### WARM UP

HEEL RAISES  
JUMPING JACKS  
SQUATS  
GOOD MORNING  
10 Reps of each move  
Repeat 2 More Times

### Day 7 – Beach Workout

30 seconds of work and 30 seconds to transition

Squat Jumps– 30 seconds  
RENEGADE Row – 30 seconds per side (back to back)  
Lunges – 30 seconds per side (back to back)  
Pushups – 30 seconds  
Reverse Lunge – 30 seconds per side (back to back)  
Pushups – 30 seconds  
Rest 1 minute and repeat 1 more time...

Rest for 2 minutes

### Finisher

7 Burpees every minute on the minute for 5 minutes

Static Stretching

# Beach Bootcamp

## 12 BODYWEIGHT BEACH WORKOUTS



### WARM UP

Glute Bridge x 30 seconds  
Mountain Climbers x 30 seconds  
Good Mornings x 30 seconds  
Jumping Jacks x 30 seconds

Repeat

### Day 8 Beach Workout

30 seconds of work and 30 seconds to transition

Side Lunges  
Mountain Climbers  
Frog Jumps  
Inch Worms  
Wide Push Ups  
Squat Thrust

Rest 1 minute and repeat 1 more time...

Rest for 2 minutes

### Finisher

Bear Crawls for 40 seconds rest for 30 seconds  
Repeat for 5 rounds

Static Stretching

# Beach Bootcamp

## 12 BODYWEIGHT BEACH WORKOUTS



### WARM UP

Total Body Extension x 30 seconds  
Seal Jumping Jacks x 30 seconds  
High Knees x 30 seconds

Repeat

### Day 9 Beach Workout

30 seconds of work and 30 seconds to transition

Turkish Get Up Right Arm (no resistance)  
Turkish Get Up Left Arm (no resistance)  
Crab Walks Forward  
Crab Walks Backwards  
Single Leg Deadlift Right Leg (Bodyweight or Kettlebell)  
Single Leg Deadlift Left Leg (Bodyweight or Kettlebell)

Rest 1 minute and repeat 2 more times...

Rest for 2 minutes

### FINISHER

40 Yard Side Shuffle  
5 Diamond Push Ups  
Repeat every minute on the minute for 5 minutes

Static Stretch

# Beach Bootcamp

## 12 BODYWEIGHT BEACH WORKOUTS



### WARM UP

HEEL RAISES  
JUMPING JACKS  
SQUATS  
GOOD MORNING  
10 Reps of each move  
Repeat 2 More Times

### Day 10 – Beach Workout

40 seconds of work and 20 seconds to transition

Squat Jumps– 40 seconds  
RENEGADE Row – 40 seconds per side (back to back)  
Lunges – 40 seconds per side (back to back)  
Pushups – 40 seconds  
Reverse Lunge – 40 seconds per side (back to back)  
Pushups – 40 seconds  
Rest 1 minute and repeat 1 more time...

Rest for 2 minutes

### Finisher

7 Burpees every minute on the minute for 7 minutes

Static Stretching

# Beach Bootcamp

## 12 BODYWEIGHT BEACH WORKOUTS



### WARM UP

Glute Bridge x 30 seconds  
Mountain Climbers x 30 seconds  
Good Mornings x 30 seconds  
Jumping Jacks x 30 seconds

Repeat

### Day 11 – Beach Workout

50 seconds of work and 10 seconds to transition

Side Lunges  
Mountain Climbers  
Frog Jumps  
Inch Worms  
Wide Push Ups  
Squat Thrust

Rest 1 minute and repeat 1 more time...

Rest for 2 minutes

### Finisher

Bear Crawls for 30 seconds rest for 30 seconds  
Repeat for 5 rounds

Static Stretching



# Beach Bootcamp

## 12 BODYWEIGHT BEACH WORKOUTS



### WARM UP

Total Body Extension x 30 seconds

Seal Jumping Jacks x 30 seconds

High Knees x 30 seconds

Repeat

### Day 12 – Beach Workout

30 seconds of work and 30 seconds to transition

Turkish Get Up Right Arm (no resistance)

Turkish Get Up Left Arm (no resistance)

Crab Walks Forward

Crab Walks Backwards

Single Leg Deadlift Right Leg (Bodyweight or Kettlebell)

Single Leg Deadlift Left Leg (Bodyweight or Kettlebell)

Rest 1 minute and repeat 2 more times...

Rest for 2 minutes

### Finisher

50 Yard Side Shuffle

5 Diamond Push Ups

Repeat every minute on the minute for 5 minutes

Static Stretch