



## Inner Circle “Swimsuit Season Prep” Spreecast Bonus Handout

### Ben’s Beach Body Workout

#### Instructions:

Do each of the two exercises for one body part back-to-back 3-5 times for 10-15 reps (depending on your level of fitness), then move on to the next body part! Use minimal rest.

#### Chest:

- Weighted Dips
- Fist Pushups

#### Abs:

- Rollouts (recommend using [Perfirmer](#))
- Knee-ups

#### Butt:

- External Rotation in Wide Squat (recommend [Foundation book](#) to learn this one properly)
- Kickouts (recommend [Gymstick](#))

#### HIIT/Calves:

- 30-60 seconds jumping rope as hard as possible, both legs or one leg.

#### Calves:

- Uphill Walking (do this afterwards, or at separate time of week for 20-30 minutes at 7%+ incline and added [weighted vest](#) for best benefit)

[Click here to view the Inner Circle Swimsuit Season Video Workshop that accompanies this workout!](#)