

# Beach Body Blast 15 Minutes Fast Fitness Workout



## Exercise

1 (a)



## Description

Overhead  
Squat  
(Targets legs,  
core & bum)  
Squat to ball or  
bench

## Sets/Reps

30 Seconds work  
x 2

1 (b)



Bench Press  
Wide grip  
(Targets chest  
and triceps)  
On Ball or Bench

30 Seconds work  
x 2

2 (a)



High Pull  
From Knee  
(Targets legs  
glutes, shoulders  
and biceps)

30 Seconds work  
x 2

2 (b)



Bicep Curl  
(Targets Biceps)

30 Seconds work  
x 2

3 (a)



Dead Lift  
(Targets back of  
legs or hamstrings  
lower back)  
Straight leg

30 Seconds work  
x 2

3 (b)



Tricep Extension  
(Targets triceps  
on the back of arms)  
Seated on ball or  
bench

30 Seconds work  
x 2

## Beach Body Blast 15 Minutes Fast Fitness Workout



### Exercise

4 (a)



### Description

Alternate Lunge  
(Targets glutes  
and legs)

### Sets/Reps

2 x 10 ea

4 (b)



Bent over Row  
(Targets upper back,  
and postural  
muscles)

4 x 10

5 (a)



Cross Crunch  
Alternate Knees  
to elbows  
(Targets abdominals  
and waist)

4 x 20

5 (b)



Hyperextension  
(Targets lower back  
muscle)  
On the ball or the  
floor

4 x 20