



# Get a Beach-Ready Body

BY LESLIE SANSONE

## WEEK 1: BEGIN GENTLY

**MONDAY:** Walk 2 miles incorporating hills. Find a curb and do 2 sets of 15 curb step-ups to work your thighs. **TUESDAY:** Walk for 40 min. Work your arms with 2 sets of 8 to 12 modified pushups against a tree or wall. **WEDNESDAY:** Walk for 30 min. Do 5 sets of 50 reps of Pilates move, The Hundred. (See side bar for more info.) **THURSDAY:** Walk for 40 min. Do sets of 25 curb step-ups. **FRIDAY:** Walk 2 miles. Pull your belly button into your spine and hold for 50 steps every 5 minutes of your walk. Walk for 24 min. Be mindful of your posture (shoulders back, stand tall, engage your abs).



## WEEK 2: TAKE IT UP A NOTCH

**MONDAY:** Walk 2 miles. For 2nd mile, walk 10 steps, do 10 squats and repeat 5 times. **TUESDAY:** Walk 2 miles. Jog for 3 min. of each mile. Do 3 sets of 8 to 12 tricep kickbacks using a resistance band. (See sidebar for more info.) **WEDNESDAY:** Walk for 45 min. at a 140-steps-per-min. pace. Do 6 sets of The Hundred. **THURSDAY:** Walk for 30 min. at Wed.'s pace. Do 4 sets of 25 curb step-ups. **FRIDAY:** Walk for 30 min. Do 3 sets of 8 to 12 bicep curls with resistance band.



## WEEK 3: INCREASE INTENSITY

**MONDAY:** Walk 40 min. at last week's pace. Do 5 sets of 10 squats. **TUESDAY:** Walk for 30 min. Alternate 5 min. of brisk walking, with 1 min. of jogging. Repeat for 15 min. Do 2 sets of 8 to 12 bicep curls with anterior raise. (See side bar.) **WEDNESDAY:** Walk 45 min. Jog for 5 min., 2 times. Do 2 sets of 25 crunches. **THURSDAY:** Walk 2 miles. Every 5 min., jog for 1 min. **FRIDAY:** Walk for 40 min. with 5 min. of jogging, 3 times. Do 3 sets of 8 to 12 tricep dips.



## WEEK 4: FINISH STRONG

**MONDAY:** Walk for 30 min. Walk 5 min., jog 3 min. and repeat. Do 3 sets of Sit and Squeeze. (See side bar.) **TUESDAY:** Walk for 40 min. Do 3 sets of 10-12 bicep curls with resistance band. **WEDNESDAY:** Walk 30 min., alternating 5 min. of walking, 3 min. of jogging. Do 10 sets of The Hundred. **THURSDAY:** Walk 40 min. Do 4 sets of 25 curb step-ups. **FRIDAY:** Walk 15 min., walk for 5 min., jog for 3 min. Do 10 sets of The Hundred. Do 2 sets of 20 bicep curls. Do 2 sets of 20 tricep kickbacks. Walk 15 min. Do 8 to 12 lunges. Do 2 sets of 12 squats.



■ **THE HUNDRED:** Lie on your back with knees bent and feet flat on the floor. Bring both knees to your chest. Curl your upper body forward toward the bent knees and hold your arms straight out to the sides so they are parallel to the floor. Bounce arms up and down for 10 counts.

■ **TRICEP KICKBACKS:** Hold the band under one foot and grab the ends. Bend forward at the waist, keeping your back straight. Raise both elbows back and up toward the ceiling, and then extend one arm back until elbow is straight.

■ **BICEP CURL WITH ANTERIOR RAISE:** Stand with feet planted, torso straight and abs in. Hold weights in front of thighs, palms facing out. Bend your elbows, bringing weights towards the shoulders in a curl. Then straighten the arms until elbows are at 90 degrees, arms parallel. Straighten arms and slowly bring arms back to starting position.

■ **SIT AND SQUEEZE:** Place your back against a wall with hips and shoulders squared. Slide down until knees are at 90 degrees, knees over ankles and weight in heels. Squeeze a medicine ball or towel just above your knees and hold for 15 or more seconds.