

Summer Workout: Beach Boot Camp

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New York trainer and boot camp workout master, **Stacy Berman** feels most people are more physically active in the Summer. This abundance of physical fun time means you save yourself time at the gym and focus on toning the parts of your body you will be showing off at the beach.

Here is a simple workout Stacy created for maximizing your workout time. She suggests doing this workout twice a week. Try it today and let me know what you think.

To see the workout, just read more.

Body Part	Exercise	Reps
Abs	Bicycle Crunches Targets: Internal and external obliques	2 sets of 30 30 seconds rest between sets
Abs	Reverse Crunch Targets: Low abs	2 sets of 20 30 seconds rest between sets
Booty	Jump Squat Targets: Glute max, quads, hamstrings	2 sets of 20 30 seconds rest between sets
Booty	Reverse Lunges Targets: Glutes, hamstrings	2 sets of 12 reps on each side 30 seconds rest between sets
Shoulders	Overhead Press Targets: Biceps, triceps, deltoids Use 5 to 10 pound weights	2 sets of 12 reps 30 seconds rest between sets
Shoulders	Bent Over Rows Targets: Deltoids Use 5 pound weights	2 sets of 12 reps 30 seconds rest between sets
Legs	Side Lunges Targets: Quads, hamstrings, inner thigh, glutes	2 sets of 12 reps on each side 30 seconds rest between sets
Legs	Calf Raises Targets: Calves	2 sets of 20 30 seconds rest between sets