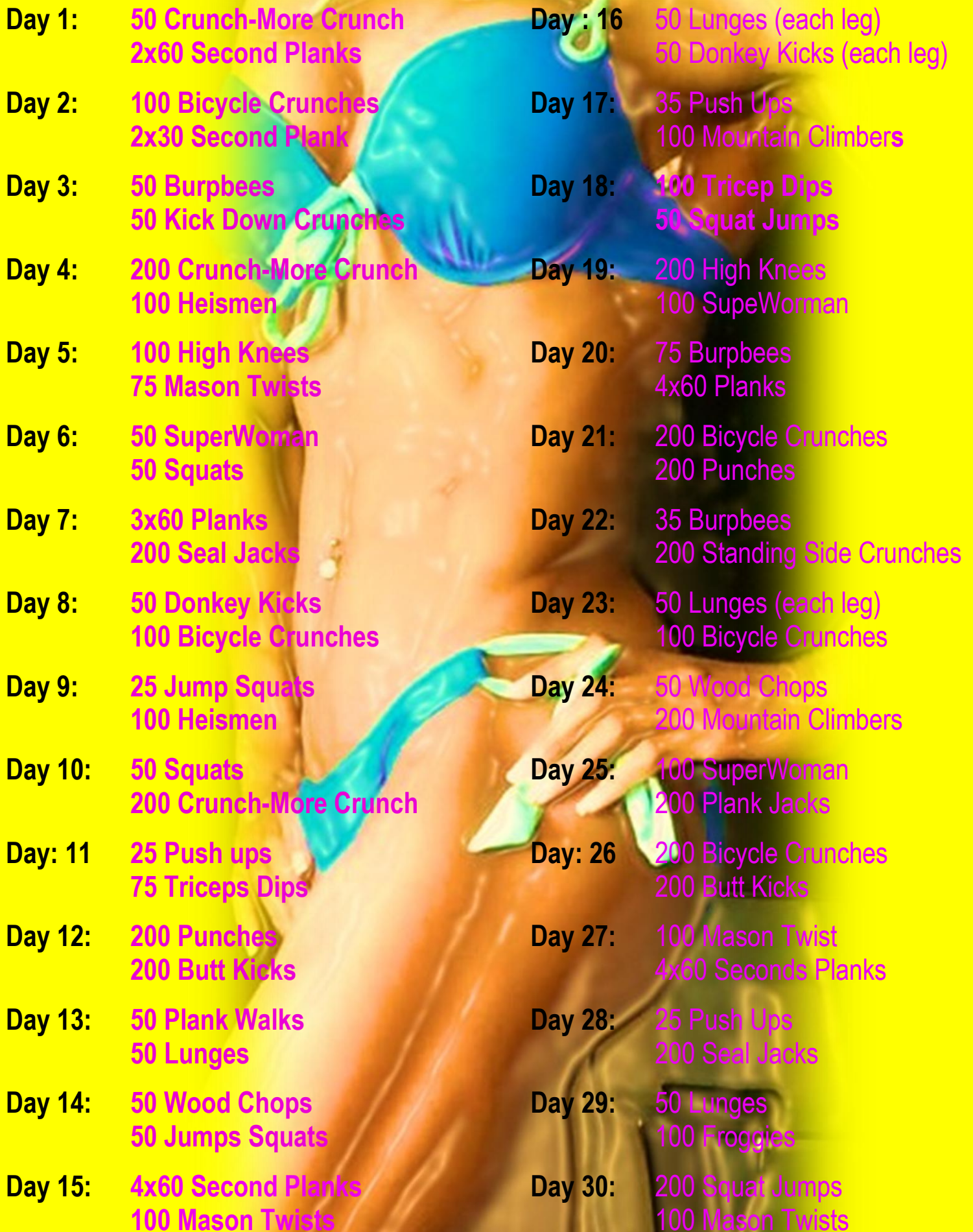


A.C.BEACH BODY 30-DAY SERIES

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- A woman in a blue bikini is shown from the waist up, performing a yoga pose on a beach. She is leaning forward with her hands on the ground, and her legs are bent. The background is a bright, sunny beach scene with a clear blue sky and a sandy beach.
- Day 1:** 50 Crunch-More Crunch
2x60 Second Planks
- Day 2:** 100 Bicycle Crunches
2x30 Second Plank
- Day 3:** 50 Burpbees
50 Kick Down Crunches
- Day 4:** 200 Crunch-More Crunch
100 Heismen
- Day 5:** 100 High Knees
75 Mason Twists
- Day 6:** 50 SuperWoman
50 Squats
- Day 7:** 3x60 Planks
200 Seal Jacks
- Day 8:** 50 Donkey Kicks
100 Bicycle Crunches
- Day 9:** 25 Jump Squats
100 Heismen
- Day 10:** 50 Squats
200 Crunch-More Crunch
- Day: 11** 25 Push ups
75 Triceps Dips
- Day 12:** 200 Punches
200 Butt Kicks
- Day 13:** 50 Plank Walks
50 Lunges
- Day 14:** 50 Wood Chops
50 Jumps Squats
- Day 15:** 4x60 Second Planks
100 Mason Twists
- Day : 16** 50 Lunges (each leg)
50 Donkey Kicks (each leg)
- Day 17:** 35 Push Ups
100 Mountain Climbers
- Day 18:** 100 Tricep Dips
50 Squat Jumps
- Day 19:** 200 High Knees
100 SuperWoman
- Day 20:** 75 Burpbees
4x60 Planks
- Day 21:** 200 Bicycle Crunches
200 Punches
- Day 22:** 35 Burpbees
200 Standing Side Crunches
- Day 23:** 50 Lunges (each leg)
100 Bicycle Crunches
- Day 24:** 50 Wood Chops
200 Mountain Climbers
- Day 25:** 100 SuperWoman
200 Plank Jacks
- Day: 26** 200 Bicycle Crunches
200 Butt Kicks
- Day 27:** 100 Mason Twist
4x60 Seconds Planks
- Day 28:** 25 Push Ups
200 Seal Jacks
- Day 29:** 50 Lunges
100 Froggies
- Day 30:** 200 Squat Jumps
100 Mason Twists