

4 weeks to your *best beach body*

New bikini, here you come! This plan switches up the routines (and gives you days off!) so you won't get bored or burned-out. Translation: You're going to be hot!

	MON	TUE	WED	THURS	FRI	SAT	SUN
WEEK 1	cardio arms	<i>rest</i> 17 TIP: Balance your exercises by doing upper-body routines one day and lower-body moves the next.	cardio legs	<i>rest</i> 17 TIP: Looking for motivation? Tell friends you're working out—that will inspire you to stick to it when you don't feel like exercising.	cardio abs	<i>rest</i> 17 TIP: Never work out on an empty belly—you'll get distracted by hunger pangs! Eat a light carb plus protein, like half a PB&J, an hour before to power up.	PICK YOUR OWN WORKOUT Try playing Frisbee in the park for an extra dose of cardio this week.
WEEK 2	cardio	cardio butt	<i>rest</i> 17 TIP: Take healthy snacks with you for the day. Get yummy ideas at seventeen.com/snacks .	cardio arms	PICK YOUR OWN WORKOUT Jump rope for a quick cardio boost. Advanced move: Jump high enough so you can skip the rope twice before you land.	cardio legs	<i>rest</i> 17 TIP: If you miss a workout, don't beat yourself up. Focus on what you did to be healthy that day!
WEEK 3	cardio abs	<i>rest</i> 17 TIP: Sneak in easy exercises! Take the stairs instead of an elevator and always walk like you're running late—it counts as bonus cardio.	cardio butt	<i>rest</i> 17 TIP: When tempted to quit a workout, take a two-minute break instead. Use it to remind yourself of your goals.	cardio arms	PICK YOUR OWN WORKOUT Round up your friends and go for a bike ride for a fun leg workout!	<i>rest</i> 17 TIP: Eat breakfast! Skipping this important meal messes with your concentration and can make you eat more that day.
WEEK 4	cardio legs	PICK YOUR OWN WORKOUT Hit the pool to sneak in a low-impact arms, legs, and core workout.	<i>rest</i> 17 TIP: Sore today? Use the down dog and bow poses from the yoga workout to stretch your legs.	cardio abs	cardio butt	<i>rest</i> 17 TIP: Be realistic about your goals—do an extra workout during the week if you know your weekend is totally booked.	cardio

CARDIO: Do 30 minutes 3 to 4 days a week. Tired of the routine? Try running or biking instead. **STRENGTH:** Do 3 workouts a week.

every time you work out...

WARM UP

Make sure you jump rope for five minutes, jog around the block, or do 5-8 minutes on an elliptical machine or

treadmill before you start a workout routine. It will loosen up your muscles so you don't hurt yourself.



PUSH YOURSELF

You don't want to be so tired that you can't finish your workout. But to see results, you

need to ask yourself each time you exercise, Is this harder than what I did last time? The answer should always be yes.



COOL DOWN

End every workout by stretching. It will help you relax plus keep your muscles flexible, so you won't

wake up sore the next day. After learning the yoga poses on the opposite page, find even more great stretches at seventeen.com/allaccess.

17 EXPERT: Gregory Florez, spokesperson for the American Council on Exercise.