



A Guiltless Life Workout: Beach-Prep Supersets Circuit

For all dumbbell exercises, choose whatever weight challenges you. Do each superset 3 times consecutively, without rest. Rest 30 seconds-1 minute between supersets.

Warm-up

Cardio machine of choice for 5-10 minutes.

SUPERSET 1 (shoulders):

- [Stability ball overhead press](#) with dumbbells – 12-15 reps
- Stability ball [lateral raise with dumbbells](#) – 12-15 reps

SUPERSET 2 (quads):

- [Jump squats](#) – 12-15 reps
- [Standing leg extensions](#) – 12-15 reps each leg

SUPERSET 3 (triceps):

- [Bench tricep dips with one leg raised](#) – 12-15 reps
- [Dumbbell tricep kickbacks](#) – 12-15 reps (do both arms at once)

SUPERSET 4 (hamstrings):

- [Stability ball hamstring curl](#) – 12-15 reps
- [Dumbbell deadlift](#) – 12-15 reps

SUPERSET 5 (biceps):

- [Hammer curls](#) – 12-15 reps
- [Bicep curls](#) – 12-15 reps

SUPERSET 6 (glutes):

- [Donkey kicks](#) – 12-15 reps each leg
- [Glute bridges](#) – use barbell or other weight for challenge – 12-15 lifts

SUPERSET 7 (chest):

- [Chest flies](#) – 12-15 reps
- [Stability ball chest press](#) – 12-15 reps

SUPERSET 8 (outer/inner thighs):

- [Outer thigh lift on stability ball](#) – 12-15 reps each side
- [Inner thigh lift](#) (use dumbbell on lifting leg for challenge) – 12-15 reps each side

SUPERSET 9 (back):

- [Stability ball back extension](#) – 12-15 reps
- [Straight-arm lat 'pulldown'](#) with dumbbells – 12-15 reps

SUPERSET 10 (abs):

- [Stability ball roll out](#) – 12-15 reps
- [Stability ball ab tuck](#) – 12-15 reps

Cool down and stretch!