



Best Butt on the Beach: Strength Training with Sand and Water

Karsten Jensen

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I dare believe that we have at least two things in common: The love for the beach and the love and interest in exercising. Nothing can keep me away from the beach. The light, the wind, the cool or hot air - I love it. I also love the rougher, colder beach days. In general, the beach makes me either want to sit down and enjoy or it makes me want to move. I have created this manual for you; someone who loves to move on the beach. The first section will deal with the unique properties of the beach. The second section will deal with some of the many exercises that can be done on the beach. The third section shows you three programs and training ideas.

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