

FULL BODY TONE UP

DAY 1: CARDIO/CHEST/SHOULDERS

- » 20 Min Cardio
- » Incline Dumbbell Press 4×12
- » Standing Shoulder Press 4×12
- » Cable Fly's Low Pulley 3×15
- » Standing Incline Dumbbell Lateral Raise 3×15
- » Seated Dumbbell Lateral Raise 3×15
- » Cable Bent Over Lateral Raise 3×15
- » High Pull 2×15
- » Girona Dumbbell Side Swing 2×10

DAY 2: LEGS/ABS

- » Front Squats 4×6-8
- » Barbell Step Ups 4×12
- » Dumbbell Squat 4×10
- » Dumbbell Walking Lunges 3×15
- » Standing Calf Raises 3×25
- » Seated Calf Raises 3×25
- » Good Mornings 3×10
- » ABS

DAY 3: STRETCHES/YOGA

- » 1 hour Yoga session

DAY 4: CARDIO/GLUTES/ABS

- » 20 Min Cardio
- » Romanian Deadlift 4×10
- » Glute Hamstring Raise 4×12
- » Cable/Rope Hip Thrusts 3×15
- » Reverse Hyper-Extension 3×15
- » Cable Kickback 3×15
- » V-ups 3×20
- » Hanging Leg Raise 3×20
- » Sit-ups Elbow To Knee 3×20

DAY 5: BACK/ARMS

- » Close Grip Chin-ups 3×8
- » Bent Over Pull Down (Wide Grip) 3×12
- » Incline Bench Dumbbell Row (Chest Pronated) 3×12
- » 45 Degree Incline Bench Biceps Curls 3×12
- » EZ Bar Close Grip Bench Press 3×12
- » Cable Curls (Supinated Grip) 3×15
- » Rope Overhead Triceps Extension 3×15

DAY 6: LEGS/ABS

- » Leg Extension 5×15
- » Squats 4×10-12
- » Leg Press 4×15-20
- » Leg Extension 6×10
- » Lying Leg Curl 4×15-20
- » Stiff Leg Deadlift 4×10-12
- » Lying Leg Curl Drop Set 3×10
- » ABS

DAY 7: OFF DAY