

# TONED BY TONE YOUR PROGRAM

MAX NUMBERS  
\*not all plans require this\*

WEEK: 1  
PROGRAM  
FITNESS GOAL

DATE  
TONED  
BE GREAT

WEEK 1

YOUR FITNESS GOAL

REPETITIONS

HEIGHT	N/A	BENCH	N/A
CURRENT WT	N/A	SQUAT	N/A
GOAL WT	N/A	POWER CLEAN	N/A
		DEADLIFT	N/A

DAY 1

DAY 2

YOUR WEIGHT GOAL

EXERCISE	%	WT	REPS	E/M/H
WALK			10M	
SQUATS			3x30s	
HYDRANTS			3x30s	
STANDING BICYCLES			3x30s	
CRUNCHES			2x15	
LEG RAISES			2x15	
ROTATIONAL SIT-UPS			2x10	

EXERCISES

EXERCISE	%	WT	REPS	E/M/H
WALK			10M	
LUNGES			3x30s	
PUSHUPS			3x30s	
WALL SITS			3x30s	
SIT-UPS			2x15	
ROTATIONAL SIT-UPS			2x15	
SIT-UP+REACH			2x10	

WORKOUT WEIGHT  
\*not all plans require this\*

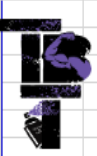
EXERCISE	%	WT	REPS	E/M/H
WALK			10M	
5,10,5			3x30s	
SQUAT+LUNGE			3x20s	
SIT-UPS			3x20s	
MONSTER WALKS			3x30s	

TIPS  
\*ALWAYS READ IT WILL GUIDE YOU THRU THE WORKOUTS\*

TIPS  
30-45 Secs between each set  
Workout should take 20-25 mins  
ACCESS LIBRARY: [tonedbytonellc.com](http://tonedbytonellc.com)

TIPS  
ALL BODY WEIGHT EXERCISES IF TO EASY YOU CAN ADD WEIGHT  
ACCESS LIBRARY: [tonedbytonellc.com](http://tonedbytonellc.com)

TIPS  
5,10,5-5-JUMPING JACKS, 10 HIGH KNEES, 5 BURPEES  
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# TONED BY TONE YOUR PROGRAM

**WEEK: 1-2**      **DATE**  
**PROGRAM**      **TONED**  
**FITNESS GOAL**      **BE GREAT**

HEIGHT	N/A	BENCH	N/A
CURRENT WT	N/A	SQUAT	N/A
GOAL WT	N/A	POWER CLEAN	N/A
		DEADLIFT	N/A

## WEEK 1

DAY 1				
EXERCISE	%	WT	REPS	E/M/H
WALK			15M	
SQUATS			3x20	
PUSHUPS			3x10	
HYDRANTS			3x12	
GLUTE BRIDGE			3x30s	
STANDING BICYCLES			3x10	
6 INCHES			3x30s	
WALK			10M	
<b>TIPS</b>				
30-45 Secs between each set Workout should take 20-25 mins				
ACCESS LIBRARY: <a href="http://tonedbytonelc.com">tonedbytonelc.com</a>				

DAY 2				
EXERCISE	%	WT	REPS	E/M/H
JOG			10M	
LUNGES			3x20	
MOUNTAIN CLIMBERS			3x20s	
HIP THRUSTS			2x10	
WALL SITS			2x20s	
SIT-UP+REACH			3x10	
PLANKS			3x20s	
POWER WALK			10M	
<b>TIPS</b>				
ELEVATE TO MAKE PUSH-UPS EASIER				
ACCESS LIBRARY: <a href="http://tonedbytonelc.com">tonedbytonelc.com</a>				

DAY 3				
EXERCISE	%	WT	REPS	E/M/H
POWER WALK			15M	
JUMPING JACKS			2x30s	
SQUAT+LUNGE			2x30s	
SIT-UPS			2x30s	
SQUAT WALKS			3x20	
SQUAT PULSES			3x15	
CRUNCHES			2x15	
LEG RAISES			2x15	
ROTATIONAL SIT-UPS			2x15	
WALK			10M	
<b>TIPS</b>				
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