# TONED BY TONE

# YOUR PROGRAM

## WEEK 1

| | |
|---|---|
| WEEK: 1 | DATE |
| PROGRAM | TONED |
| FITNESS GOAL | BE GREAT |

YOUR FITNESS GOAL

MAX NUMBERS
*not all plans require this*

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

REPETITIONS

YOUR WEIGHT GOAL

EXERCISES

### DAY 1

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

TIPS

30-45 Secs between each set
Workout should take 20-25 mins

ACCESS LIBRARY: tonedbytonellc.com

### DAY 2

| 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*

TIPS

ALL BODY WEIGHT EXERCISES IF TO EASY YOU CAN ADD WEIGHT

ACCESS LIBRARY: tonedbytonellc.com

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

### DAY 3

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

TIPS

5,10,5-5-JUMPING JACKS, 10 HIGH KNEES, 5 BURPEES

ACCESS LIBRARY: tonedbytonellc.com

# 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 | |

**TIPS**

30-45 Secs between each set
Workout should take 20-25 mins

ACCESS LIBRARY: **tonedbytonellc.com**

### 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 | |

**TIPS**

ELEVATE TO MAKE PUSH-UPS EASIER

ACCESS LIBRARY: **tonedbytonellc.com**

### 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 | |

**TIPS**

ACCESS LIBRARY: **tonedbytonellc.com**

# TONED BY TONE

# YOUR PROGRAM

## WEEK 1

| | |
|---|---|
| WEEK: 1 | DATE |
| PROGRAM | TONED UP |
| FITNESS GOAL | #N/A |

| | | | |
|---|---|---|---|
| HEIGHT | 6'2 | BENCH | 115 |
| CURRENT WT | 200 | SQUAT | 215 |
| GOAL WT | 165 | POWER CLEAN | 130 |
| | | DEADLIFT | 95 |

### DAY 1

| EXERCISE | % | WT | REPS | E/M/H |
|---|---|---|---|---|
| POWER WALK | | 0 | 15M | |
| | | 0 | | |
| | | 0 | | |
| CURL+SQUAT+PRESS | | 0 | 3x12 | |
| | | 0 | | |
| PUSH-UPS | | | 3x15 | |
| MOUNTAIN CLIMBERS | | | 3x20s | |
| | | | | |
| LATERAL RAISES | | | 3x12 | |
| | | | | |
| | | | | |
| LEG RAISES | | | 3x15 | |
| BICYCLES | | | 3x15 | |
| | | | # | |
| | | | # | |

**TIPS**

30-45 Secs between each set
Workout should take 25-30 mins. PUSH!!!

ACCESS LIBRARY: tonedbytonellc.com

### DAY 2

| EXERCISE | % | WT | REPS | E/M/H |
|---|---|---|---|---|
| JOG | | 0 | 10M | |
| | | 0 | | |
| | | 0 | | |
| BURPEES | | 0 | 3x20s | |
| | | 0 | | |
| SQUAT+LUNGE | | | 3x30s | |
| WALL SITS | | 0 | 3x30s | |
| | | 0 | | |
| JUMPING JACKS | | 0 | 3x30s | |
| | | 0 | | |
| LEG RAISES | | | 3x15 | |
| BICYCLES | | | 3x20 | |
| | | | # | |
| | | | # | |

**TIPS**

IF ITS TO EASY INCREASE RESISTANCE

ACCESS LIBRARY: tonedbytonellc.com

### DAY 3

| EXERCISE | % | WT | REPS | E/M/H |
|---|---|---|---|---|
| POWER WALK | % | | 15M | |
| | % | | 3 | |
| | % | | 2 | |
| PIRATE SHIPS | | 0 | 3x20 | |
| | | 0 | | |
| DB STANDING SHOULDER PRESS | | | 3x10 | |
| STEP-UPS | | | 3x10 | |
| DB ROWS | | | 3x10 | |
| SIT-UPS | | | 3x10 | |
| ROTATIONAL SIT-UPS | | | 3x12 | |

**TIPS**

ACCESS LIBRARY: tonedbytonellc.com

### DAY 4

| EXERCISE | % | WT | REPS | E/M/H |
|---|---|---|---|---|
| JOG | | 0 | 10M | |
| | | 0 | | |
| | | 0 | | |
| 5,10,5 | | 0 | 3x5 | |
| | | 0 | | |
| SQUAT PULSES | | | 3x30s | |
| STANDING BICYCLES | | 0 | 3x30s | |
| | | 0 | | |
| SIDE LUNGES | | 0 | 3x30s | |
| | | 0 | | |
| SIT-UPS | | | 3x10 | |
| ROTATIONAL SIT-UPS | | | 3x12 | |

**TIPS**

5,10,5-5-JUMPING JACKS, 10 HIGH KNEES, 5 BURPEES

ACCESS LIBRARY: tonedbytonellc.com

# TONED BY TONE

# YOUR PROGRAM

## WEEK 1

| | |
|---|---|
| WEEK: 1 | DATE |
| PROGRAM | TONED UP |
| FITNESS GOAL | LOSE WEIGHT |

| | | | |
|---|---|---|---|
| HEIGHT | 6'2 | BENCH | 115 |
| CURRENT WT | 200 | SQUAT | 215 |
| GOAL WT | 165 | POWER CLEAN | 130 |
| | | DEADLIFT | 95 |

### DAY 1

| EXERCISE | % | WT | REPS | E/M/H |
|---|---|---|---|---|
| POWER WALK | | 0 | 15M | |
| | | 0 | | |
| | | 0 | | |
| KB SWINGS | | 0 | 3x12 | |
| Can also use DB | | 0 | | |
| PUSH-UPS | | | 3x10 | |
| Elevate to make easier | | | | |
| GOBBLETT SQUAT | | | 3x10 | |
| CURL + PRESS | | | 3x10 | |
| SUIT CASE CRUNCHES | | | 3x10 | |
| TOE TOUCHES | | | 3x12 | |
| | | | # | |
| | | | # | |

**TIPS**

30-45 Secs between each set

Workout should take 25-30 mins. PUSH!!!

ACCESS LIBRARY: tonedbytonellc.com

### DAY 2

| EXERCISE | % | WT | REPS | E/M/H |
|---|---|---|---|---|
| JOG | | 0 | 10M | |
| | | 0 | | |
| | | 0 | | |
| BURPEES | | 0 | 3x20s | |
| | | 0 | | |
| JUMPING JACKS | | | 3x30s | |
| MONSTER WALKS | | 0 | 3x30s | |
| | | 0 | | |
| STEP-UPS | | 0 | 3x30s | |
| | | 0 | | |
| SUIT CASE CRUNCHES | | | 3x15 | |
| TOE TOUCHES | | | 3x20 | |
| | | | # | |
| | | | # | |

**TIPS**

ACCESS LIBRARY: tonedbytonellc.com

### DAY 3

| EXERCISE | % | WT | REPS | E/M/H |
|---|---|---|---|---|
| POWER WALK | % | | 15M | |
| | % | | 3 | |
| | % | | 2 | |
| CURL+SQUAT+PRESS | | 0 | 3x8 | |
| | | 0 | | |
| PUSH-UPS | | | 3x10 | |
| REV LUNGES | | | 3x10 | |
| UP-RIGHT ROWS | | | 3x10 | |
| SIT-UPS | | | 3x10 | |
| ROTATIONAL SIT-UPS | | | 3x12 | |

**TIPS**

ACCESS LIBRARY: tonedbytonellc.com

### DAY 4

| EXERCISE | % | WT | REPS | E/M/H |
|---|---|---|---|---|
| JOG | | 0 | 10M | |
| | | 0 | 6 | |
| | | 0 | 5 | |
| 5,10,5 | | 0 | 3x5 | |
| | | 0 | | |
| SQUAT PULSES | | | 3x30s | |
| STANDING BICYCLES | | 0 | 3x30s | |
| | | 0 | | |
| STEP-UPS | | 0 | 3x30s | |
| | | 0 | | |
| SIT-UPS | | | 3x10 | |
| ROTATIONAL SIT-UPS | | | 3x12 | |

**TIPS**

5,10,5-5-JUMPING JACKS, 10 HIGH KNEES, 5 BURPEES

ACCESS LIBRARY: tonedbytonellc.com

# TONED BY TONE

# YOUR PROGRAM

## WEEK 1

| | |
|---|---|
| WEEK: 1 | DATE |
| PROGRAM | TONED UP |
| FITNESS GOAL | #N/A |

| | | | |
|---|---|---|---|
| HEIGHT | 6'2 | BENCH | 115 |
| CURRENT WT | 200 | SQUAT | 215 |
| GOAL WT | 165 | POWER CLEAN | 130 |
| | | DEADLIFT | 95 |

### DAY 1

| EXERCISE | % | WT | REPS | E/M/H |
|---|---|---|---|---|
| POWER WALK | | 0 | 15M | |
| | | 0 | | |
| | | 0 | | |
| CLEAN PULL | | 0 | 3x6 | |
| | | | | |
| HANG CLEAN | | 0 | 3x5 | |
| | | | | |
| | | | | |
| GOBBLETT SQUAT | | 0 | 3x10 | |
| | | | | |
| DEADLIFT | | 0 | 3x5 | |
| | | | | |
| | | | | |
| BAND WALKOUTS | | | 3x6 | |
| RUSSIAN TWISTS | | | 3x15 | |
| | | | | |
| | | | # | |
| | | | # | |

**TIPS**

30-45 Secs between each set

Workout should take 25-30 mins. PUSH!!!

ACCESS LIBRARY: tonedbytonellc.com

### DAY 2

| EXERCISE | % | WT | REPS | E/M/H |
|---|---|---|---|---|
| JOG | | 0 | 10M | |
| | | 0 | | |
| | | 0 | | |
| BENCH PRESS | | 0 | 3x12 | |
| | | | | |
| DB INCLINE BENCH PRESS | | 0 | 3x6 | |
| | | | | |
| | | | | |
| PULL UPS | | 0 | 3x30s | |
| | | 0 | | |
| LATERAL RAISES | | 0 | 3x15 | |
| | | 0 | | |
| | | | | |
| LEG RAISES | | | 3x15 | |
| BICYCLES | | | 3x20 | |
| | | | | |
| | | | # | |
| | | | # | |

**TIPS**

IF ITS TO EASY INCREASE RESISTANCE

ACCESS LIBRARY: tonedbytonellc.com

### DAY 3

| EXERCISE | % | WT | REPS | E/M/H |
|---|---|---|---|---|
| JOG | % | | 10M | |
| SPRINTS | % | | 1x10 | |
| | % | | | |
| 5,10,5 | | 0 | 3x5 | |
| | | 0 | | |
| STANDING BICYCLES | | | 3x10 | |
| | | | | |
| | | | | |
| WALL SITS | | | 3x30s | |
| | | | | |
| FRONT RAISES | | | 3x10 | |
| | | | | |
| | | | | |
| SIT-UPS | | | 3x10 | |
| ROTATIONAL SIT-UPS | | | 3x12 | |
| | | | | |

**TIPS**

5,10,5-5-JUMPING JACKS, 10 HIGH KNEES, 5 BURPEES

ACCESS LIBRARY: tonedbytonellc.com

### DAY 4

| EXERCISE | % | WT | REPS | E/M/H |
|---|---|---|---|---|
| POWER WALK | | 0 | 10M | |
| | | 0 | 6 | |
| | | 0 | 5 | |
| SQUAT | % | #VALUE! | 3x12 | |
| | | | | |
| LUNGES | | 0 | 3x6 | |
| | | | | |
| | | | | |
| HIP THRUSTS | 100% | 95 | 3x6 | |
| | | 0 | | |
| HAMSTRING CURLS | | 0 | 3x10 | |
| | | 0 | | |
| | | | | |
| WEIGHTED SIT-UPS | | | 3x10 | |
| BARBELL ROLLOUT | | | 3x10 | |
| | | | | |

**TIPS**

ACCESS LIBRARY: tonedbytonellc.com