



Tone It Up®  
**Stars**  
+  
**Stripes**

SCULPTING WORKOUT

**LOWER BODY CIRCUIT**  
*repeat twice*

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**SQUAT**

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15 reps



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**SINGLE LEG DEADLIFT**

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10 reps per side



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**SKATERS**

---

10 reps per side

**UPPER BODY CIRCUIT***repeat twice*

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**PUSH-UP**

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10 reps



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**DIP + BRIDGE**

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10 reps



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**PLANK SHOULDER TAPS**

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10 reps



**AB CIRCUIT**  
*repeat twice*

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**SIDE PLANK CRUNCH**

---

10 reps per side



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**TOE TOUCHES**

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15 reps



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**ROCK THE BOAT**

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10 reps



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*Tone It Up®*