

Tone It Up!

TLC Workout

30 Reps per move, repeat the whole circuit 3 times!

*Tone!
Lift!
Cinch!*



Side Lunge Press

a 3 part movement, begin with a standing shoulder press, drop your weights to your sides as you lunge to the side! Once you have lunged down, perform a dumbbell row, and return to a standing shoulder press! Whew



Curl w/ Abduction

Standing on one leg, bicep curl as your perform a standing leg abduction.
Tight abs = better balance!
Fine Toning - Keep your biceps flexed, and pulse your leg in the top of the abduction movement



Tricep dip w/ Leg Extension

Perform a tricep dip in the table top position, lifting one leg to the sky each time you dip, alternating legs!



Starfish Situp

Balancing your weight back on your bum, stretch out leaning a little on your hands just under your torso. Scissor together, bringing your knees to your chest, and your chest to your knees by contracting your abs



Rock the Boat

While in the same position as above, clasp your hands together, and twist around your torso, pulling your elbows back behind you to touch the ground