

# Toned Up interval routine

# TONED UP

## Activity

Warm Up  
Hanging Leg Raises  
Back Extensions  
Run Your Heart Out!  
Squat & Chop  
Lunge & Cable Row  
Run Your Heart Out!  
Straight Arm Pulldown  
Tricep Extension  
Run Your Heart Out!

## Equipment

A machine you've never used  
Ab Slings  
GHD or Physio Ball  
Cardio Machine 1  
Low Cable  
Low Cable  
Cardio Machine 2  
High Cable / Lat Pulldown  
High Cable  
Cardio Machine 3

## Time

3:00  
3 Sets of 20  
3 Sets of 20  
3:00  
4 sets of 10 (each side)  
4 sets of 10 (each side)  
3:00  
3 Sets of 20  
3 Sets of 20  
3:00

# #tonedup

## PREMIERES January 2 @ 10:30/9:30c



*check in with us in the community and  
let us know how amazing you feel!*

# Bravo