

ADVANCED

<u>WORKOUT AAA (TONE)</u>	<u>WORKOUT BBB (TONE)</u>	<u>WORKOUT CCC (TONE)</u>	<u>WORKOUT DDD (TONE)</u>
<p>5 Min Cardio 1X10 Alternating Bench Press 1X10 Alternating Seated Shoulder Press 1X10 Lunge Rest for 2 Min 4X8-10 Squat 1X4 Five Point Balance Drill Rest for 2 Min 4X8-10 Barbell Bench Press 4X8-10 Lat Pull Down 4X8-10 Lunge with Shoulder Press Rest for 2 Min 3X8-10 Bent Over Row 3X8-10 Alternating Seated Shoulder Press 3X8-10 Seated Row Rest for 2 Min 3X8-10 Bicep Curls 3X8-10 Tricep Kickbacks Rest for 2 Min 5 Min Cardio</p>	<p>5 Min Cardio 1X10 Alternating Bench Press 1X10 Alternating Seated Shoulder Press 1X10 Lunge Rest for 2 Min 4X6 Squat 1X4 Five Point Balance Drill Rest for 2 Min 4X6 Alternating Bench Press 4X6 Lat Pull Down 4X6 Alternating Step-Ups Rest for 2 Min 4X6 Seated Row 4X6 Seated Shoulder Press 4X6 Bent Over Row Rest for 2 Min 4X6 Bicep Curl 4X6 Tricep Extension Rest for 2 Min 5 Min Cardio</p>	<p>5 Min Cardio 1X10 Alternating Bench Press 1X10 Alternating Seated Shoulder Press 1X10 Lunge Rest for 2 Min 3X4 Squat 3X4 Squat Rest for 2 Min 3X4 Bench Press 3X4 Bench Press Rest for 2 Min 4X4 Bent Over Row 4X4 Alternating Seated Shoulder Press 4X4 Seated Row Rest for 2 Min 4X4 Chin-Ups 4X4 Dips Rest for 2 Min</p>	<p>5 Min Cardio 1X10 Bench Press 1X10 Alternating Seated Shoulder Press 1X10 Lunge Rest for 2 Min 4X5 Cleans Rest for 2 Min 4X5 Bench Press Rest for 2 Min 4X5 Barbell Squat Rest for 2 Min 2X6 Lat Pull Down 2X6 Alternating Shoulder Press 2X6 Seated Row 2X6 Lateral Shoulder Raises Rest for 2 Min</p>
<u>WORKOUT EEE (TONE)</u>	<u>WORKOUT FFF (INTENSE)</u>	<u>WORKOUT GGG (INTENSE)</u>	<u>WORKOUT HHH (WEIGHT LOSS)</u>
<p>5 Min Cardio 1X10 Bench Press 1X10 Seated Shoulder Press 1X10 Lunge Rest for 2 Min 4X5 Cleans 2X4 Box Jumps Rest for 2 Min 4X5 Bench Press 2X4 Push-Ups with Clap Rest for 2 Min 4X5 Squat 2X4 Tuck Jumps Rest for 2 Min 2X6 Horizontal Pull Ups 2X6 V-Ups 2X6 Bent Over Row 2X6 Bicep Curl to Shoulder Press Rest for 2 Min 5 Min Cardio</p>	<p>4X6 Cleans Rest for 3 Min 4X10 Bench Press 4X10 Lat Pull Down 4X10 Bicep Curls Rest for 3 Min 4X10 Fly's 4X10 Assisted Pull Ups 4X10 Split Bicep Curls Rest for 3 Min 5 Min Cardio</p>	<p>4X6 Barbell Squat Rest for 3 Min 4X10 Seated Row 4X10 Shoulder Press 4X10 Bent Over Row Rest for 3 Min 4X10 Alternate Seated Shoulder Press 4X10 Tricep Extension 4X10 Lateral Shoulder Raises Rest for 3 Min 5 Min Cardio</p>	<p>2 Min Skip 1X10 Push-Ups 1X2 Five Point Balance Drill Rest for 1 Min 1X60 Sec Alternating Step-Ups Rest for 1 Min 1X60 Sec Bench Press Rest for 1 Min 1X60 Sec Lunge with Shoulder Press Rest for 1 min 1X60 Sec Squat Row Rest for 1 Min 1X60 Sec lateral Shoulder Raises Rest for 1 Min 1X60 Sec Mason Twist Rest for 1 Min 1X60 Sec V-Ups Rest for 1 Min 1X60 Sec Wood Choppers Rest for 3 Min 1X60 Sec Alternating Step-Ups Rest for 1 Min 1X60 Sec Bench Press Rest for 1 Min 1X60 Sec Lunge with Shoulder Press Rest for 1 min 1X60 Sec Squat Row Rest for 1 Min 1X60 Sec lateral Shoulder Raises Rest for 1 Min 1X60 Sec Mason Twist Rest for 1 Min 1X60 Sec V-Ups Rest for 1 Min 1X60 Sec Wood Choppers Rest for 3 Min 10 Min Cardio</p>