

WEEK 2: HOLIDAY BLAST

# TOTAL TONE



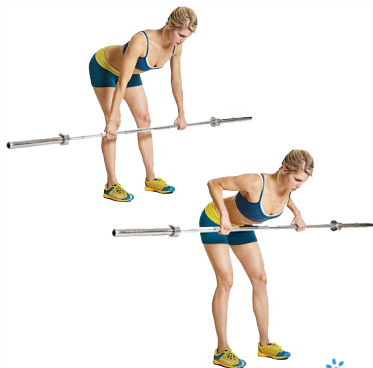
Monday's focus is upper body! Complete the work out buy-in by doing 2 x 30 seconds of each exercise. After the buy in, complete the 5 exercise interval by doing 3 x 30 seconds of each exercise with 30 seconds rest. Take 1 minute rest in between exercises and choose Champion, Warrior, or Super Hero to repeat the series.



Single Arm OH Press



Sumo High Pull



Bent Over Row



Push Up

- 1 Buy-in: 2 x 30 seconds of
  - Walking Lunges
  - Mountain Climbers
- 2 3 x 30 seconds Single Arm OH Press  
30 seconds rest
- 3 1 minute rest
- 4 3 x 30 seconds Sumo High Pull  
30 seconds rest
- 5 1 minute rest
- 6 3 x 30 seconds Bent Over Row  
30 seconds rest
- 7 1 minute rest
- 8 3 x 30 seconds Push Up  
30 seconds rest
- 9 2 minutes rest & drink some water!
- 10 Champion: Repeat 1 more time  
Warrior: Repeat 2 more times  
Super Hero: Repeat 3 more times



Good Work!  
Time to Cool Down



Good Work! Take a Break &  
Go for 1 More Round!



Good Work! Take a Break &  
& Keep Going!