

Week 4 Tighten N'Tone

Don't lose your focus! Work your body and build muscles with some strength training. It will do your body good!

Step 1: Choose one workout, you can do 1, 2, or 3 sets of the exercises.

A	<p>Advanced workout- This is a challenging stability ball workout.</p> <p>A quick full body workout from Real Simple Magazine using a stability ball. 6 different exercises. **A 45 second hold for the plank equals the one set for the plank exercise.** Remember you can do 1, 2, or 3 sets of the 5 exercises.</p> <p><i>The workout is detailed below with pictures and directions.</i></p>	1 point for every set of 12-15 reps (max 18 points)
B	<p>Beginner Workout- Try this workout if you do not have a stability ball.</p> <p>A quick full body dumbbell workout from Real Simple Magazine. 6 different exercises with some listed variations. <i>The variations are examples of other ways you can do that exercise. Both variations are not separate exercises that are required.</i> Remember you can do 1, 2, or 3 sets of the 6 exercises.</p> <p><i>The workout is detailed below with pictures and directions.</i></p>	1 point for every set of 12-15 reps (max 18 points)
C	<p>Choice Workout</p> <p>You choose your own workout (maybe you are working with a trainer or using a special DVD workout program, or you just need some modifications). Make sure to include upper, lower, and core work into your routine. ** You could also combine any of the exercises from A and/or B into your C routine to make it work for you and your body.</p> <p><i>Max 18 sets for point value- your choice of the number of different exercises.</i></p> <p>Examples of strength training exercises can be found here: Upper: http://www.sparkpeople.com/resource/exercise_demos.asp?exercise_type=upper Lower: http://www.sparkpeople.com/resource/exercise_demos.asp?exercise_type=lower Core: http://www.sparkpeople.com/resource/exercise_demos.asp?exercise_type=core</p>	1 point for every set of 12-15 reps (max 18 points)

Step 2:

Add 30 minutes of cardio during your day. 5 points.

Strength training must be done to collect points-cardio or stretching does not stand alone for TNT

Step 3:

Complete 5 minutes of stretching after your workout to ease your muscles. 5 points.

Strength training must be done to collect points-cardio or stretching does not stand alone for TNT

Step 4: Track your points and report as your captain designates.

Tracking Template: A, B, or C (0/18) + Cardio (0/5) + Stretch (0/5)= Total (0/28)

Workout A:

15-Minute Full-Body Exercise-Ball Workout

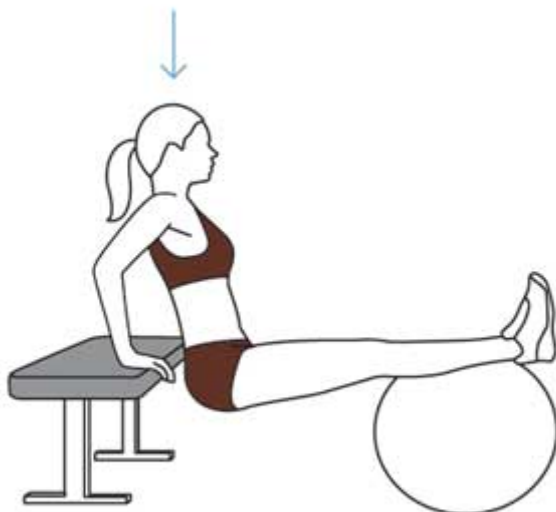
Tone up and slim down with these six easy moves.



Jason Lee

The Routine

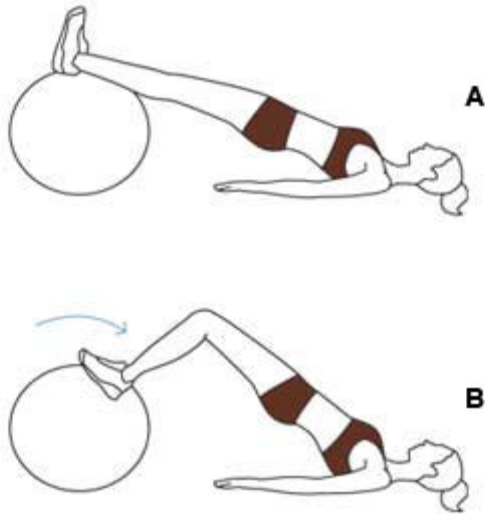
Go ahead—have an (inflatable) ball. When it comes to [fitness equipment](#), there's little that works your whole body better. To stay on the ball—literally—you're forced to engage all your muscles, which builds strength and improves stability. This head-to-toe toning routine was designed by Ashley Conrad, a [personal trainer](#) and the owner of Clutch BodyShop, in Los Angeles. Do it three times through, three times a week.



Jason Lee

Move 1: Triceps Dip

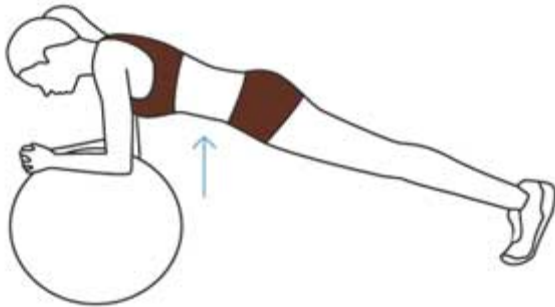
Sit on a [workout bench](#) (or a stable chair) with your hands placed on the edge, fingers pointing forward. Rest your calves and ankles on top of a firm ball. Straighten your arms to lift your hips off the bench. Bend your arms to lower your body, then straighten them to the starting position. Repeat 15 times.



Jason Lee

Move 2: Lower-Ab Crunch

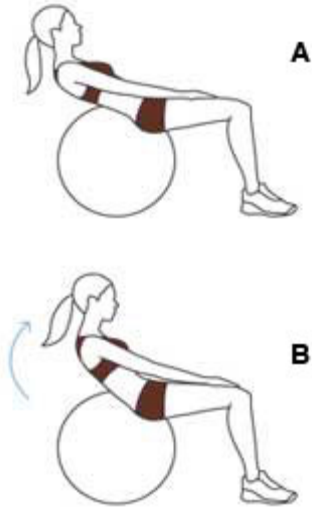
Lie on the floor with arms beside you and calves on the ball. (A) Lift your backside up without arching your back (keep your abdominals tight for support). (B) With hips still raised, bend your knees and roll the ball toward you with your feet until they're flat on top of the ball. Slowly return to the starting position. Repeat 15 times.



Jason Lee

Move 3: Plank

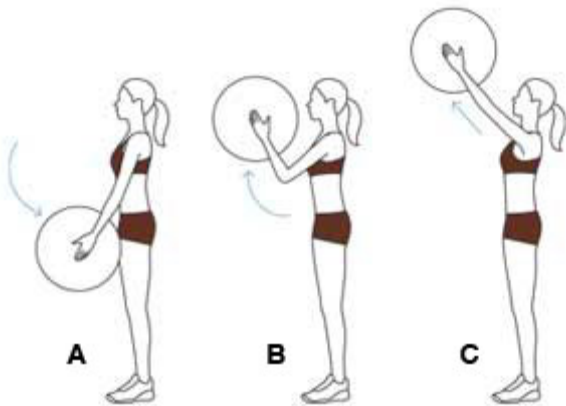
Assume the top of a push-up position but rest your forearms on the ball. Keep your abs strong and your neck in line with your spine. Hold the pose for 45 seconds.



Jason Lee

Move 4: Crunch

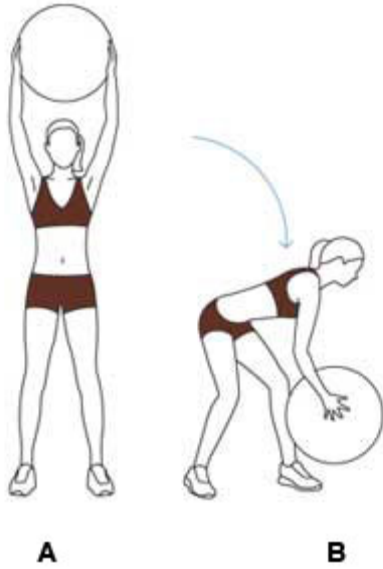
(A) Lie on the ball with your middle back resting on top, arms straight, and palms on your upper thighs. (B) Curl your upper body forward, one vertebra at a time, keeping your hands on your thighs. Lower to the starting position. Repeat 15 times.



Jason Lee

Move 5: Shoulder Curl and Press

Hold the ball out in front of you with your feet hip-distance apart. (A) With arms straight, bring the ball down to your thighs. (B) Bend your elbows and curl the ball up to eye level. (C) Press the ball up at a 45-degree angle until your arms are fully extended. Return to the starting position. Repeat 15 times.



Jason Lee

Move 6: Side Squat

(A) Hold the ball above your head with your arms straight and feet hip-distance apart. (B) Keep your back flat and abs tight as you bend your knees and twist your torso to lower the ball toward your left foot. Return to the center with the ball overhead, then twist to the right side. Repeat 15 times.

Workout B

REALSIMPLE
life made easier, every day

The 20-Minute Workout

Six exercises scientifically proven to get you strong and fit—fast.



Chris Shipman

Best Move for Your Biceps: The Concentration Curl

Why it works: This exercise isolates the muscle. Use the two variations on hand position to strengthen the entire upper arm.

How to do it:

1. Sit in a chair with your legs open wide. Hold a five- to eight-pound dumbbell in your right hand, resting your elbow on your right inner thigh, with your forearm hanging down.
2. Bend your elbow and bring your hand up toward your shoulder for a count of two. Be sure to keep your elbow against your thigh. Lower your hand to the start position for two; repeat eight times.



Chris Shipman

The Concentration Curl: Variations

1. Begin in the same position as for the basic Concentration Curl. Then turn your wrist in so your palm faces you. Lift for two counts and lower for two. Repeat eight times.
2. Now rotate your wrist outward as far as you can, as shown; lift and lower eight times. Switch sides to complete all three exercises with your left arm.



Chris Shipman

Best Move for Your Triceps: The Chair Dip

Why it works: The triceps hold up your entire body weight and move through a full range of motion.

How to do it:

1. Sit in a chair, holding on to the edge with both hands, knuckles pointing forward. Slide your bottom off the seat and hold yourself up with arms straight, keeping your body close to the chair.
2. Slowly lower your body for two counts as you bend your elbows (they should point directly behind you, not out to the sides); straighten your arms for a count of two. Make sure your arms (not your feet) are supporting your weight throughout the motion. Repeat 12 times. On the last rep, hold at the bottom for eight counts, then pulse up and down slightly eight times before

straightening your arms.



Chris Shipman

Best Move for Your Chest and Upper Back: The Modified Push-up

Why it works: The basic stance, coupled with changing hand positions, targets all the muscles in the area.

How to do it:

1. Start with arms straight, knees on the ground, back in a plank position, and palms placed slightly closer than shoulder-width apart. Keep your abdominals tight and your neck relaxed.
2. Bend your elbows and lower your torso toward the ground for a count of two, keeping your elbows close to your body (they should point behind you, not out to the sides). Straighten to the starting position for two counts. Do eight reps.



Chris Shipman

The Modified Push-up: Variations

1. Place your hands a bit farther than shoulder-width apart and do eight reps.
2. Position your hands even wider apart, as shown, and do eight reps (elbows point to the sides in this version).



Chris Shipman

Best Move for Your Legs: The Squat and Side Lift

Why it works: This engages the entire lower body—including gluteals, quadriceps, hamstrings, and outer thighs.

How to do it:

1. Start from a standing position, with feet together. Hold 8- to 10-pound dumbbells at your sides (or keep your hands on your hips). Take a step to the right with your right foot, so your feet are shoulder-width apart. Bend your knees for a count of two, lowering your rear end as if you're going to sit in a chair.
2. Straighten your legs and slowly lift your right leg to the side for a count of two. Hold your abs in for balance. Lower your right leg as you bend both legs into a squat. Repeat 12 times, alternating the leg you lift to the side. On the last rep, hold at the bottom for eight counts, then pulse eight times.



Chris Shipman

Best Move for Your Abdominals: The Super-Crunch

Why it works: Keeping your legs in the air challenges your entire core.

How to do it:

1. Lie on the floor with knees bent, legs in air, hands behind head, and elbows out.

2. Contract your abs and lift your head, shoulders, and upper back off the floor for two counts; lower for two. Repeat eight times. On the last rep, hold for eight counts, then pulse up for eight counts before lowering your upper body.



Chris Shipman

The Super-Crunch: Variations

1. Keep your legs in the air and lift your hips only off the floor for two counts, bringing knees toward chest; return to the starting position for two counts. Do eight reps, holding the last one for eight counts, then pulsing up for eight counts before lowering to the start position.

2. Next, lift both upper and lower body, as shown, for two counts, then lower for two; do eight reps. Hold the last rep for eight counts, then pulse eight times.



Chris Shipman

Best Move for Your Bottom: The One-Legged Squat

Why it works: As you lower your body, your weight is focused on the standing leg's gluteal muscle.

How to do it:

1. Stand on your right leg, with your left leg bent; hold the back of a chair for balance. Keep your head and chest lifted.

2. Slowly lower your body for two counts, bending at the hip and right knee as if you're sitting in a chair (be sure your knee doesn't extend past your toes). Straighten the standing leg to a count of two, pressing up from your heel; repeat 12 times. On the final rep, hold in the lowered position for eight counts, then pulse eight times. Switch sides so you're standing on your left leg with the right leg bent and repeat the entire set.