

WORKOUT #2

“TANK TOP TONER”

WARM-UP (5-10 MIN)

WORKOUT

COMPLETE 1-3 SETS OF 12-15 REPS
CHEST PRESS (WITH DUMBBELLS)
SHOULDER PRESS
JUMPING JACKS

COMPLETE 1-3 SETS OF 12-15 REPS
TRICEP KICKBACKS (LEFT ARM)
TRICEP KICKBACKS (RIGHT ARM)
HAMMER CURLS (BICEPS)
JUMPING JACKS

3-5 MIN REST

CARDIO
150 JUMP ROPE (OR) RUN ½ - 1 MILE

CORE WORK – COMPLETE 1-3 ROUNDS
30 SEC HOLD PLANK
30 SEC FULL SIT UPS
30 SEC STRAIGHT LEGGED CRUNCHES

COOL-DOWN (5-10 MIN)

STRETCH OUT WELL!

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