

tone & burn workout calendar

Notes

- ❑ Maintain straight head/neck position
- ❑ Keep shoulders down, back and stable
- ❑ Keeps hips in line with torso to properly engage your abs
- ❑ Contract abs when doing push ups
- ❑ Widen stance for better balance when doing inside push ups
- ❑ Inhale on the way down. Exhale on the way up
- ❑ Do not change handgrip positions while doing push ups
- ❑ Modified Push Ups: Knee Position (Beginner), Regular Position (Intermediate), Elevated Position (Advance)
- ❑ IMPORTANT: Work out at your own pace. Your workout time may vary depending on your fitness level

10 WEEK SUPERSET WORKOUT SCHEDULE

(30-60 seconds rest in between supersets)

Features & Benefits

- ▶ Combines push ups with at-home cardio, plometric and abs/core exercises for a total body workout
- ▶ Develops your chest, shoulders, back, triceps, and biceps
- ▶ Tones and sculpts your core and entire lower body including glutes
- ▶ Improves strenght, endurance, speed and agility
- ▶ Builds strong lean muscles, burns calories and promotes weight loss

3 Challenging Workout Phases (10 week Programme)

1. START UP Phase (4 day workout for 3 weeks)
2. REV UP Phase (5 day workout for 3 weeks)
3. EXPLOSION Phase (5 day workout for 4 weeks)

START UP Phase

CHEST BACK	SHOULDERS TRICEPS	REST	BACK TRICEPS	SHOULDERS CHEST	REST	REST
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

REV UP Phase

EXPLOSION	CHEST TRICEPS	SHOULDERS BACK	REST	EXPLOSION	BACK TRICEPS	REST
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

EXPLOSION Phase

EXPLOSION	SHOULDERS CHEST	REST	EXPLOSION	BACK TRICEPS	EXPLOSION	REST
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

WARNING: Sports training can result in serious or fatal injury. Risk of injury can be lessened when safe techniques and common sense are practiced. Do not exercise without proper instruction or supervision, or without first consulting your physician. If any defects are found do not use this product.