

# TONE UP WORKOUT

<b>WORKOUT GOAL</b>	It's a common misconception that if you train with weights you will put on bulk, especially if you are female. The goal of this workout is to therefore lose a little body fat and to train the muscles to 'tone up'. A calorie deficit will help to reduce body fat while ensuring you're eating protein will help reduce losing muscle, these two things together will help you to 'tone up'						
<b>WORKOUT DESCRIPTION</b>	You can choose to perform a different workout on 3 different training days or you can stick with the same workout for a period of 4-6 weeks before changing to the next						
<b>SAFETY BRIEF</b>	Perform a full body effective warm up. Stay hydrated. Select appropriate weight for experience. Please seek guidance from your GP for any injuries or medical conditions						
<b>EQUIPMENT</b>	Strength and functional kit						
<b>DURATION</b>	30 - 45 minute workouts						
<b>WARM UP</b>	Complete each exercise for 2 sets of 30 secs	Side bends	3D lunges	Sprawls	Core rotation		
<b>THE WORKOUTS</b>	Session design & equipment			Methodology			
	Complete each exercise for 60 secs for 3 sets. For the last exercise, reduce the working time to 40 secs and complete 5 sets. Use a range of functional and strength kit			Focus on time under tension in the strength exercises			
		<b>Sets</b>	<b>Exercise</b>	<b>Time</b>	<b>Equipment</b>	<b>Exercise recovery</b>	<b>Target reps</b>
	Workout 1	3	Deadlifts	60 secs	2 x dumbbells	60 secs	16
		3	Seated row	60 secs	Seated row	40-60 secs	16
		3	Chest fly	60 secs	DAP cable	40-60 secs	16
		3	Box step ups	60 secs	2 x dumbbells	40-60 secs	16 alternating
		5	Ice skater	40 secs	ViPR	20 secs	25-35
	Workout 2	3	Squat and press	60 secs	2 x dumbbells	60 secs	16
		3	Wide grip lat pull down	60 secs	Lat pull down	40-60 secs	16
		3	Atomic push up/ TRX plank with knees to chest	60 secs	TRX	40-60 secs	16
		3	Squat with ViPR forward reach	60 secs	ViPR	40-60 secs	16
		5	Box jumps	40 secs	Box	20 secs	20-30
	Workout 3	3	Walking lunges	60 secs	Kettlebells	60 secs	16 alternating
		3	Press	60 secs	TRX	40-60 secs	16
3		Row	60 secs	TRX	40-60 secs	16	
3		Curtsy lunges	60 secs	Barbell	40-60 secs	16 alternating	
5		Thread the needle	40 secs	ViPR	20 secs	25-35	
<b>COOL DOWN</b>	Stretches						
<b>STRETCH</b>	30 secs per stretch	Pigeon stretch	Glute stretch	Cat stretch	Child's pose	Chest stretch	
<b>IF YOU LIKE THIS, TRY...</b>	Try our Body Pump or SHRED classes to 'tone up' in an engaging and motivational group environment						