

# 10 Week Total Body Tone Up & Trim Down

Couplet Workout: Strength (45/15) & Cardio (30/10) combo sets

Equipment: Dumbbells, Bench with risers & a Mat

Workout Tracker ~ Week # \_\_\_\_\_ Date: \_\_\_\_\_

## Workout Challenge #1:

### Chest, Tri's & Thigh Session

Exercise	Set #1 Weight/Reps	Set #2 Wt/Reps	Set #3 Wt/Reps
S: Chest Flys			
C: Split Box Jumps			
Rest			
S: Alt Tricep Ext			
C: Deep Squat Jumps			
Rest			
S: Running Man Abs			
C: Hop Overs			

NOTES:

## Workout Challenge #2:

### Back, Bi's & Booty Session

Exercise	Set #1 Weight/Reps	Set #2 Wt/Reps	Set #3 Wt/Reps
S: Reverse Flys			
C: Surfer Squats on Bench			
Rest			
S: Bicep Pick-up & Curl			
C: Strict Mountain Climbers			
Rest			
S: Spiderman Hover			
C: Kick-Ups w/ Mini Dips			

NOTES:

## Sample Workout Schedule:

Monday: Workout #1

Tuesday: Cardio or Rest -

Kickboxing, Step, Cycling, Hiking, Walking, Yoga, etc

Wednesday: Workout #2

Thursday: Cardio or Rest -

Kickboxing, Step, Cycling, Hiking, Walking, Yoga, etc

Friday: Workout #3

Saturday: Rest

Sunday: Rest

YOUR Workout Schedule for this Week:

Monday:

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Tuesday:

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Wednesday:

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Thursday:

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Friday:

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Saturday:

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Sunday:

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**Workout Challenge #3:**  
**Total Tone-Up Trim-Down Session**

Exercise	Set #1 Weight/Reps	Set #2 Wt/Reps	Set #3 Wt/Reps
Strength: Flying Skull-Crushers			
Cardio: Over The Top (go long!)			
Rest			
Strength: Rev Flying Bicep Curls			
Cardio: Lateral Power Squats on Bench			
Rest			
Strength: Torso Twist & Toe Touch (Saw)			
Cardio: Scissor Lunges or High Knees			

NOTES:

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