

# 20 Minute Full Body Toning Workout

**Description:** This total body toning workout is designed to target your upper body, lower body, and core muscles to help build strength, while tightening and toning!

**Club Area:** Abs & Stretching Area

**Equipment Needed:** None

**Judgement Free Tip:** Trying new exercises will keep your muscles from hitting pesky plateaus and will make your workouts more FUN & EXCITING!



## Need Help?

All our exercises can be found on the PF App. Just click on 'Workouts' then 'Tutorials' and search for the exercise you want. It's that easy!

## Warm-up/30 sec each

1. Arm Circles
2. Windmills
3. Bend & Reaches
4. Jumping Jacks

## Main Workout (2 sets x 10-12 reps)

Perform each exercise for 10-12 repetitions before moving onto the next exercise in the circuit. Once you've completed the circuit fully, rest and repeat so that you complete each circuit twice (2x).

### Upper Body Circuit

- Modified Inch Worm
  - + **Modification** - Reduce how far you walk your hands out
- Modified Push-up
  - + **Modification** - Do a standing push-up with your hands flat against a wall
- Bird Dog
  - + **Modification** - Perform the movement from a standing position
- Superman
  - + **Modification** - Do one leg/arm at a time instead of alternating

### Lower Body Circuit

- Squats
  - + **Modification** - Minimize your range of motion

## Cool-down/30 sec each

1. Standing Shoulder Stretch
2. Standing Chest Openers
3. Standing Abdominal Stretch
4. Standing Quad Stretch

- Single Leg Glute Bridge
  - + **Modification** - Do a bent knee glute bridge using both legs
    - Right Leg
    - Left Leg
- Donkey Kick
  - + **Modification** - Perform the same movement from a standing position
    - Right Leg
    - Left Leg

### Core Circuit

- Crunch
  - + **Modification** - Reduce the range of motion
- Penguin Crunch
  - + **Modification** - Reach for your hip instead of your heels
- Leg Drop
  - + **Modification** - Do one leg at a time and keep the other flat on the ground
- Forearm Plank - (Hold for 30 seconds)
  - + **Modification** - Drop your knees to the ground and hold the plank

