

20 MINUTE FULL BODY TONING



Description: 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

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

:30

Arm Circles

:30

Windmills

:30

Bend & Reaches

:30

Jumping Jacks

MAIN WORKOUT

2 REPITITIONS of each exercise

UPPER BODY CIRCUIT

(2X) 10-12 REPS Modified Inch Worm

+ **Modification** - Reduce how far you walk your hands out

(2X) 10-12 REPS Modified Push-up

+ **Modification** - Do a standing push-up with your hands flat against a wall

(2X) 10-12 REPS Bird Dog

+ **Modification** - Perform the movement from a standing position

(2X) 10-12 REPS Superman

+ **Modification** - Do one leg/arm at a time instead of alternating

LOWER BODY CIRCUIT

(2X) 10-12 REPS Squats

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

(2X) 10-12 REPS Single Leg Glute Bridge

+ **Modification** - Do a bent knee glute bridge using both legs

- Right Leg
- Left Leg

(2X) 10-12 REPS Donkey Kick

+ **Modification** - Perform the same movement from a standing position

- Right Leg
- Left Leg

CORE CIRCUIT

(2X) 10-12 REPS Crunch

+ **Modification** - Reduce the range of motion

(2X) 10-12 REPS Penguin Crunch

+ **Modification** - Reach for your hip instead of your heels

(2X) 10-12 REPS Leg Drop

+ **Modification** - Do one leg at a time and keep the other flat on the ground

(2X) 10-12 REPS Forearm Plank (Hold for 30 secs)

+ **Modification** - Drop your knees to the ground and hold the plank

COOL-DOWN

30 sec each

:30

Standing Shoulder Stretch

:30

Standing Chest Openers

:30

Standing Abdominal Stretch

:30

Standing Quad Stretch