

Detention Workout



ToneltUp.com

Do this entire circuit 2-3 times
Make sure you hydrate!



20 Lunges

- Keeping your abs engaged, step forward and drop straight down, bending both of your knees.
- Make sure your knees stay in line with your ankles and your front knee does not drop over your toe.
- Drive all of your weight into your front heel while coming up into a standing position. Alternate legs.
- Breathe throughout the entire exercise.

Write 'I will Tone It Up!'
in a plank on the ball.

- Begin in a plank on your forearms on a physioball.
- Make sure your shoulders are in line with your elbows, your spine is neutral and you are breathing throughout the entire exercise.
- Now holding your abs tight, belly button drawn into your spine, draw out 'I will Tone





20 Squat Jacks!

- Begin with your feet wider than hip distance apart. Have your toes slightly facing outward.
- Abs are engaged, shoulders back, chest up and your head forward.
- Sit back as if you were going to sit in a chair by bending your knees and sticking your bum back.
- Have your balance in your heels and make sure your knees do not drop over your toes.
- Explode up into a jack, driving your weight into your heels.
- Land softly and repeat.
- Inhale on the way down, exhale on the way up.

20 Side crunches



- Lay on the ball with the small of your back on the ball, and your bum off the video. Feet are shoulder width apart.
- Extend back, rolling your lower back around the ball, flex your spine up, crunching your shoulder blades off of the ball using your abdominal muscles.
- Crunch up to the side, then return to the starting position.
- Exhale on the way up, inhale on the way down.

20 Tummy Tucks!

Begin in a plank position on your hands, spine neutral and your shoulders over your wrists. Bring your knee up to your elbow squeezing your obliques and lower abs. Alternate sides. Breathe throughout the exercise

