



#TMB at HOME

WEEK 1 | WORKOUT 2 | STRENGTH

The goal of this strength workout is to focus on form and technique. Slow down the tempo of each movement to maximize strength benefits. Expect to maintain a blue and green Myzone zone.

Equipment needed: bodyweight, mat (or towel)

WARM UP | 3 MINUTES

Complete 2 rounds of 3 movements before resting and moving to Station 1.

- 30 sec jumping jacks
- 30 sec kneeling push ups
- 30 sec air squats

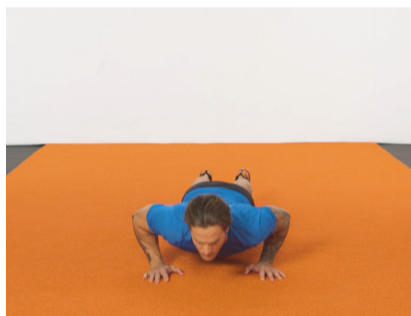
WORKOUT | 25 MINUTES

Do 4 rounds at each station before moving onto the next. Complete the entire circuit twice.

STATION 1

- 20 sec push up to shoulder taps
- 10 sec rest

Complete 4 rounds at Station 1 before moving on to Station 2.



STATION 2

- 20 sec ice skaters
- 10 sec rest

Complete 4 rounds at Station 2 before moving on to Station 3.



STATION 3

- 20 sec single leg bridge ups (alternate sides each round)
- 10 sec rest

Complete 4 rounds at Station 3 before moving on to Station 4.



STATION 4

- 20 sec tick tock lunges
- 10 sec rest

Complete 4 rounds at Station 4 before moving on to Station 5.



STATION 5

- 20 sec touch down jacks
- 10 sec rest

Complete 4 rounds at Station 5 before moving on to Station 6.



STATION 6

- 20 sec squat uppercuts
- 10 sec rest

After your first circuit, take a 30 second break and begin back at Station 1.

After completing 2 full circuits, move to Cool Down.



COOL DOWN | 3 MINUTES

Complete 2 rounds of all 3 movements.

- 30 sec child's post
- 30 sec downward facing dog
- 30 sec standing forward fold

