AfN ANutr
REGISTERED ASSOCIATE NUTRITIONIST

THE GREEN WARD
HEALTH & WELLBEING

TONE UP - INTERMEDIATE

30 MIN WORKOUT - USING BODY WEIGHT

EXERCISE	REPS	SETS	REST
BURPESS SS PRESS-UPS	15-20	3	45 SECS
SPLIT SQUATS SS DIPS ON BENCH	15-20	3	60 SECS
LOW BODY ROWS SS ABDOMINAL CRUNCHES	12-15	3	90 SECS
JUMP SQUATS SS BACK RAISES	15-20	3	60 SECS

60 MIN WORKOUT - USING BODY WEIGHT

EXERCISE	REPS	SETS	REST
BURPEES SS PRESS-UPS	15-20	3	45 SECS
LOW BODY ROWS SS ABDOMINAL CRUNCHES	12-15	4	90 SECS
WALKING LUNGES SS JUMP SQUATS	15	3	90 SECS
DIPS ON BENCH SS CHARGES	15-20	4	60 SECS
ABDOMINAL BICYCLES SS BACK RAISES	15-20	4	60 SECS
SPLIT SQUATS SS PLANK (1 MIN)	15-20	4	60 SECS

KEY:

SS	SUPER-SET (rest after completing both exercises)

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THE GREEN WARD
HEALTH & WELLBEING

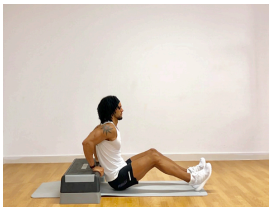
TONE UP INTERMEDIATE - USING BODY WEIGHT (PICS)

BURPEES

PRESS-UPS

SPLIT SQUATS

DIPS ON BENCH



LOW BODY ROWS

ABDOMINAL CRUNCHES

JUMP SQUATS

BACK RAISES

WALKING LUNGES

CHARGES

ABDOMINAL BICYCLES

PLANK