

STONE UP - BEGINNERS

30 MIN WORKOUT - USING BODY WEIGHT

EXERCISE	REPS	SETS	REST
SQUATS	15	3	30 SECS
PRESS UPS ON KNEES OR STANDARD	12	3	60 SECS
SPLIT SQUAT SS DIPS ON BENCH	12	3	90 SECS
LOW BODY ROWS	10	3	60 SECS

60 MIN WORKOUT - USING BODY WEIGHT

EXERCISE	REPS	SETS	REST
SQUATS	20	3	45 SECS
LOW BODY ROWS	10	3-4	60 SECS
WALKING LUNGES	15	3	90 SECS
DIPS ON BENCH SS ABDOMINAL CRUNCHES ON MAT	12	3-4	90 SECS
BURPEES	12	3-4	60 SECS
PRESS UPS ON KNEES OR STANDARD	12	3-4	60 SECS

KEY:

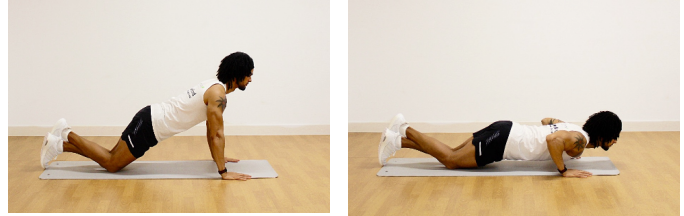
SS	SUPER-SET (rest after completing both exercises)
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TONE UP BEGINNERS - USING BODY WEIGHT (PICS)

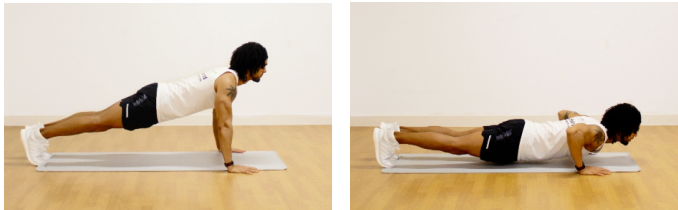
SQUATS



PRESS-UPS ON KNEES



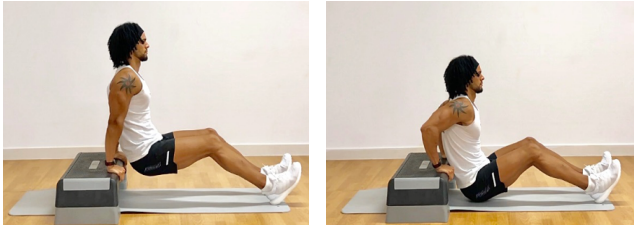
PRESS-UPS



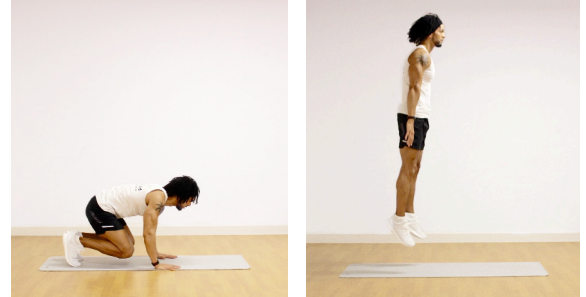
SPLIT SQUAT



DIPS ON BENCH



BURPEES



LOW BODY ROW



WALKING LUNGES



ABDOMINAL CRUNCHES ON MAT

