

STONE UP - ADVANCED

30 MIN WORKOUT - USING BODY WEIGHT

EXERCISE	REPS	SETS	REST
BURPESS SS PRESS-UPS	20-25	2	60 SECS
JUMPING SPLIT SQUATS SS SQUAT JUMPS	20	3	90 SECS
PULL-UPS SS DIPS	12	3	90 SECS
WALKING LUNGES SS HANGING LEG RAISES	15-20	3	60 SECS

60 MIN WORKOUT - USING BODY WEIGHT

EXERCISE	REPS	SETS	REST
BURPEES SS PRESS-UPS	20-25	3	60 SECS
PULL-UPS SS DIPS	12	4	90 SECS
WALKING LUNGES SS JUMP SQUATS	20	3	90 SECS
LOW BODY ROWS SS ABDOMINAL CRUNCHES	20	4	90 SECS
JUMPING SPLIT SQUATS SS BACK RAISES	20	4	60 SECS
HANGING KNEE RAISES SS PLANK SINGLE LEG (1MIN)	15-20	4	60 SECS

KEY:

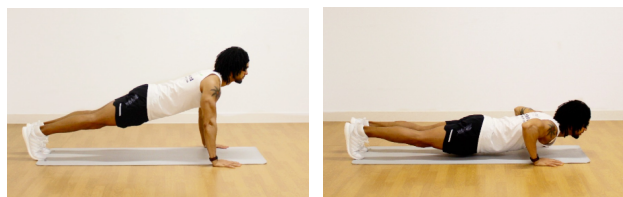
SS	SUPER-SET (rest after completing both exercises)
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TONE UP ADVANCED - USING BODY WEIGHT (PICS)

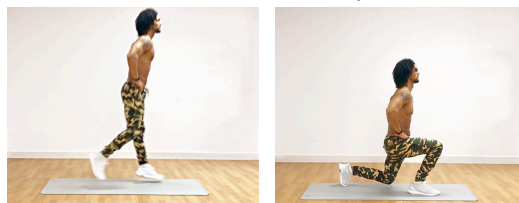
BURPEES



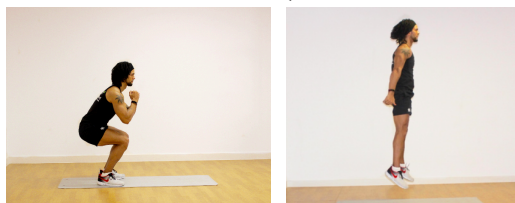
PRESS-UPS



JUMPING SPLIT SQUATS



JUMP SQUATS



PULL-UPS



WALKING LUNGES



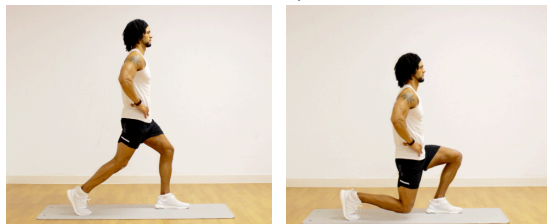
DIPS



HANGING KNEE RAISES



SPLIT SQUATS



LOW BODY ROWS



ABDOMINAL CRUNCHES



SINGLE LEG PLANK

