

Exercise of the Month:

Pre-Party Toning

This workout is the perfect balance of cardio for fat burn and muscle contractions for toning.

The workout includes **four exercises** with increasing amounts of cardio* inbetween each **exercise**. The table below shows how much cardio you should do between each **exercise**.

The Exercises:

Pulse Lunges, Side Plank Twists, V-ups and Push ups.

Set Example:

Pulse Lunges, **Cardio**, Side Plank Twists, **Cardio**, V-ups, **Cardio**, Push ups, **Cardio**.

	SET 1	SET 2	SET 3	SET 4
WEEK 1	30 secs	45 secs	60 secs	75 secs
WEEK 2	45 secs	60 secs	75 secs	90 secs
WEEK 3	60 secs	75 secs	90 secs	105 secs
WEEK 4	75 secs	90 secs	105 secs	120 secs

*Suitable Cardio:

Burpees, Step Ups (fast or slow), Mountain Climbers, Squat Jumps, Medicine Ball Swings and Knee Raises.

