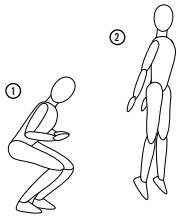


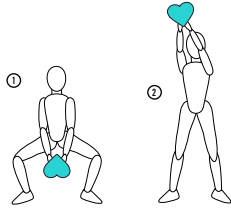
# IT'S TIME TO GET HEALTHY, SEXY & FIT!

**INSTRUCTIONS:** 20 reps of each workout takes approx 1min, 5 workouts = 5min. Perform each exercise without any breaks. **Low energy:** Do one 5min circuit. **Remember that 5min is better than nothing.** **Mid Energy:** Do all three circuits one time for a 15min workout. **High Energy:** Do all three circuits two or three times for a 30-45min workout. **TIPS:** Keep your workout mat + TonerBum in sight. Do it every other day - you got this!

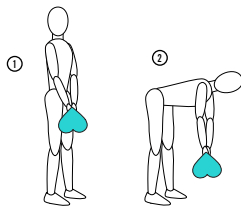
## 5 MIN SEXY & TONED BOOTY 1



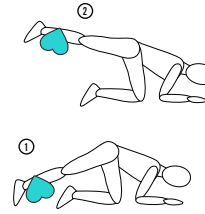
**20 JUMP SQUATS**  
burns fat



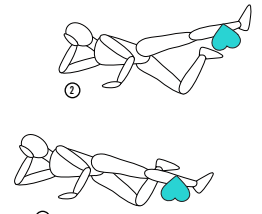
**20 KETTLEBELL SWINGS**  
tones all glutes



**20 DEADLIFTS**  
plumps top glutes

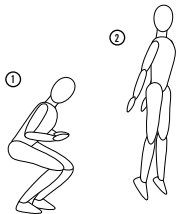


**20 DONKEY KICKS**  
lifts under glutes

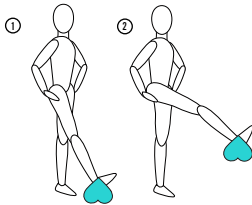


**20 SIDE LEG RAISES**  
tones side glutes

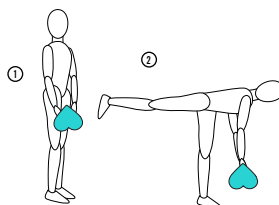
## 5 MIN SEXY & TONED BOOTY 2



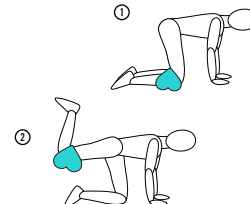
**20 JUMP SQUATS**  
burns fat



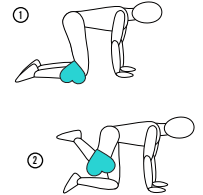
**20 STANDING LEG RAISES**  
tones inner thighs



**20 SINGLE LEG DEADLIFTS**  
plumps top glutes

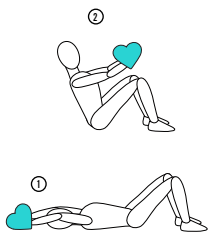


**20 DONKEY KICKS**  
lifts under glutes

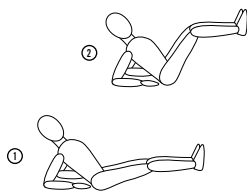


**20 FIRE HYDRANTS**  
tones side glutes

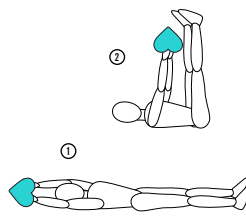
## 5 MIN SEXY & TIGHT CORE



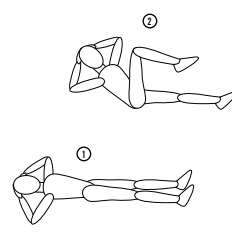
**20 PULLOVERS**  
tones full core



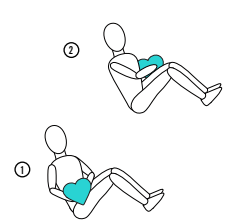
**20 KNEE TUCKS**  
tones lower abs



**20 V-UPS**  
tones under belly



**20 SCISSOR KICKS**  
tones side core



**20 RUSSIAN TWISTS**  
tones side core

**WARNING:** Users have shown increased feelings of health and sexiness!