#### SMALL SPACES – Beginner/Advanced

#### **BEGINNER PROGRAM:**

**Frequency** - 3 TO 4 TBM Workouts a week to experience inch-loss. These can include classes and videos. To maximize your results you can also add **2 to 3 sessions of cardio** - 20 to 25 minutes. A healthy diet is also important.

**Intensity** - 12 to 15 reps of each move, unless indicated. Please use a weight that challenges you by the final few repetitions. (Heavy weight for larger muscle groups, lighter weights for smaller muscle groups. For example you will be able to lift more with your lower body than with your triceps) Please do 20 to 25 reps of lower body, unless indicated.

**Type** – Circuit Training: Please move quickly from one move to the next, with a 30 second to one minute rest between circuits. Perform one to two sets.

Time - 20 to 30 minutes. Please remember to warm up for five to 10 minutes before you start and end with a cool down and stretch. See videos on website for more details.

### **ADVANCED PROGRAM:**

**Frequency** – 3 TO 4 TBM Workouts a week. These can include classes and videos. Please also add 2 to 3 sessions of cardio – 20 to 25 minutes, one session of interval training (:30 to 1:00 hard, :30 moderate, repeat for 20 minutes).

**Intensity** – 12 to 15 reps of each move, unless indicated. Twenty to 25 reps for lower body. Please use a weight that challenges you by the final few repetitions. (Heavy weight for larger muscle groups, lighter weights for smaller muscle groups. For example you will be able to lift more with your lower body than with your triceps) **Stuck at a plateau? Increase your resistance and workout frequency ... make sure you sweat! Also, pay close attention to your food ... it is 80% of the equation.** 

Type – Circuit Training: Two to three sets.

Time - 30 to 45 minutes. Please remember to warm up for five to 10 minutes before you start and end with a cool down and stretch. See videos on website for more details.

### Circuit #1: Back

1. Bow and Arrow Squat Pull (one pulls back, while the other is down)



2. Upright Row



3. Band Pull Backs



# (REPEAT)

**CARDIO BLOCK:** Perform 3:00 of cardio. You can choose two of the following moves; do :45 a move. (Football run/ basket ball jump /speed skaters / ab jacks / mountain climbers)

# Legs:

1. Prisoner Squats



2. Squat Jumps



# 3. Lunge with Curls



4. Single Lunge – with Deadlift



**CARDIO BLOCK:** Perform 3:00 of cardio. You can choose two of the following moves; do :45 a move. (Football run/ basket ball jump /speed skaters / ab jacks / mountain climbers)

### Chest:

1. Standing Shoulder Press/Chest Fly



2. Pushups with shoulder tap – advanced



# 3. Pull overs



**CARDIO BLOCK:** Perform 3:00 of cardio. You can choose two of the following moves; do :45 a move. (Football run/ basket ball jump /speed skaters / ab jacks / mountain climbers)

#### Abs:

1. Standing Obliques



1. Plank (:30 to :45 seconds)



2. Flutter Kicks (:30 to :45 seconds)

