

## **New Year – 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.

## Outline:

### Circuit #1: Upper Body - 15 reps, chest and triceps

- Band Chest Press
- Inchworm Plank (:45 to 1:00)
- Moving Pushups
- Triceps Band Extensions – L
- Triceps Band Extensions - R

**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)

### Circuit #2: Legs - 15 reps

- Squat Press
- Lunge Dips with Biceps Curls
- Squat Press
- Lunge Dips with Biceps Curls
- Dumbbell Squat Thrusts

**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)

### Circuit #3: Upper Body -15 reps, biceps and back

- Superman + Lat Pull
- Concentration Curl for Biceps - L
- Concentration Curl for Biceps – R
- Alternating Rows in a Plank with Dumbbell (alternating sides)

**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)

### Circuit #4: Lower Body - 20 reps

- L - Side Lunges (help work hips, glutes, and thighs differently than the standard squat)
- R - Side Lunges (help work hips, glutes, and thighs differently than the standard squat)
- L - Donkey Kicks
- R - Donkey Kicks

**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)

### Circuit #5: Abs - :30 to :45 a move

- Seated knee tucks
- Reverse Crunch

**Cool down/Stretch – Set Small Steps!**

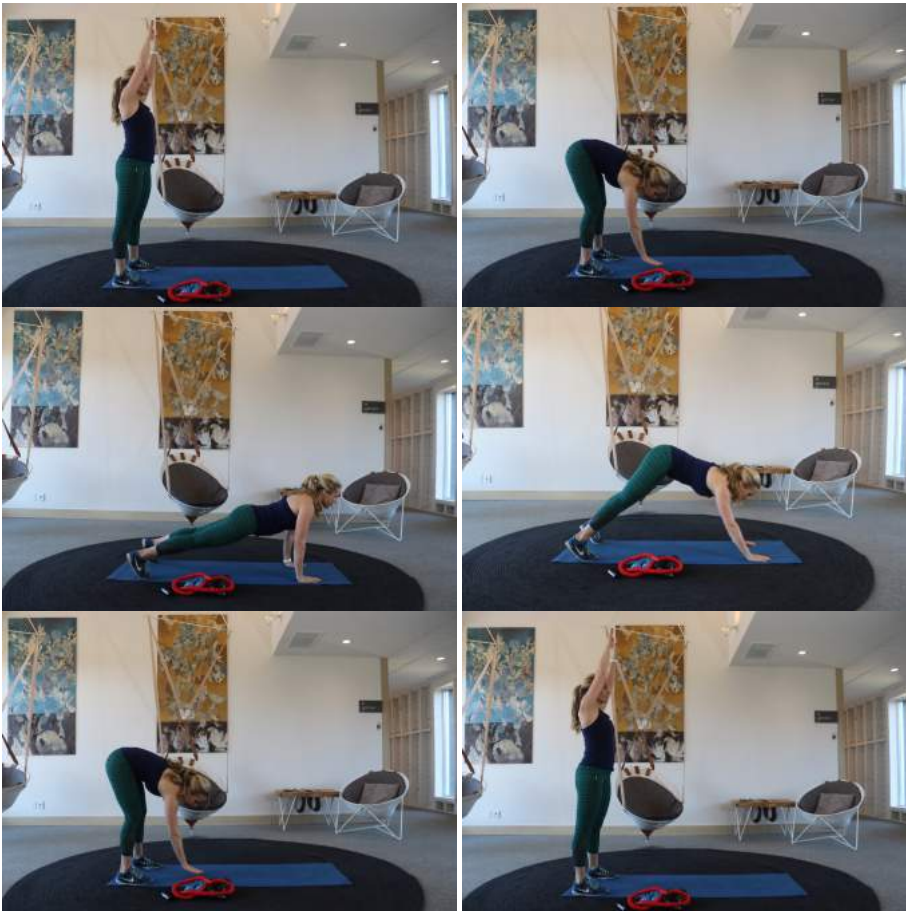
**(Photos Next Page)**

Circuit #1: Upper Body - 15 reps, chest and triceps

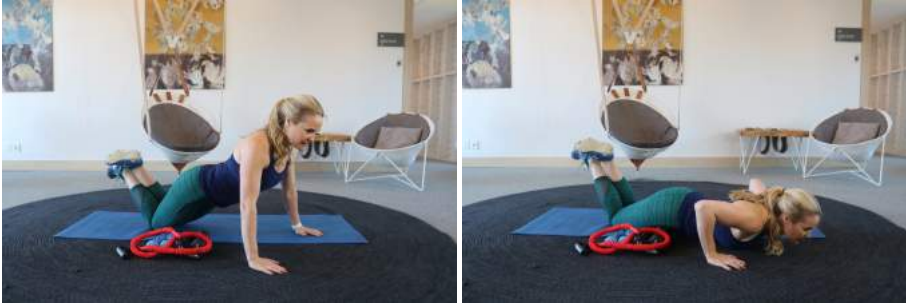
1. Band Chest Press



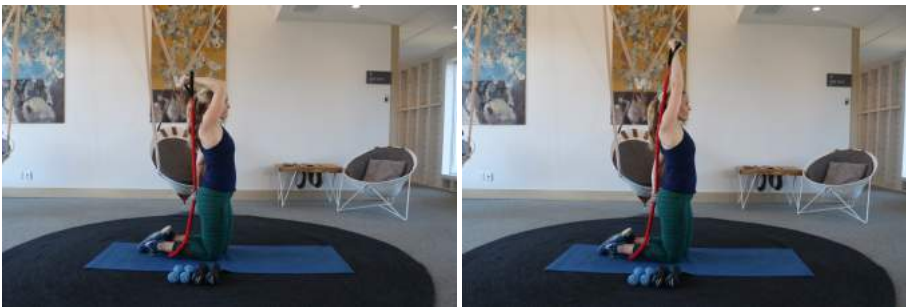
2. Inchworm Plank (:45 to 1:00) (Beginner Option: Plank from Knees)



### 3. Moving Pushups (Pushups to Each Side)



### 4. Triceps Band Extensions – L

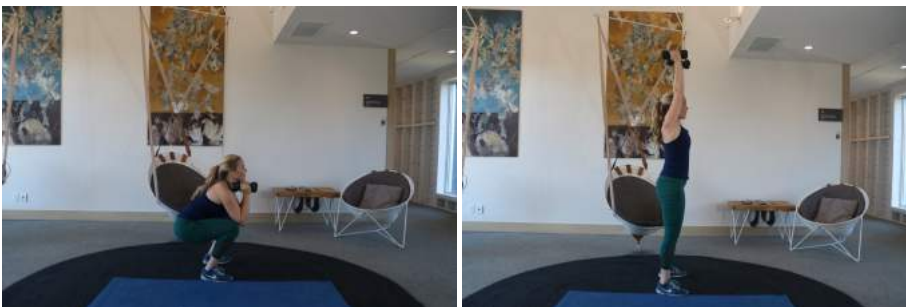


### 5. Triceps Band Extensions – R (See Above Photo)

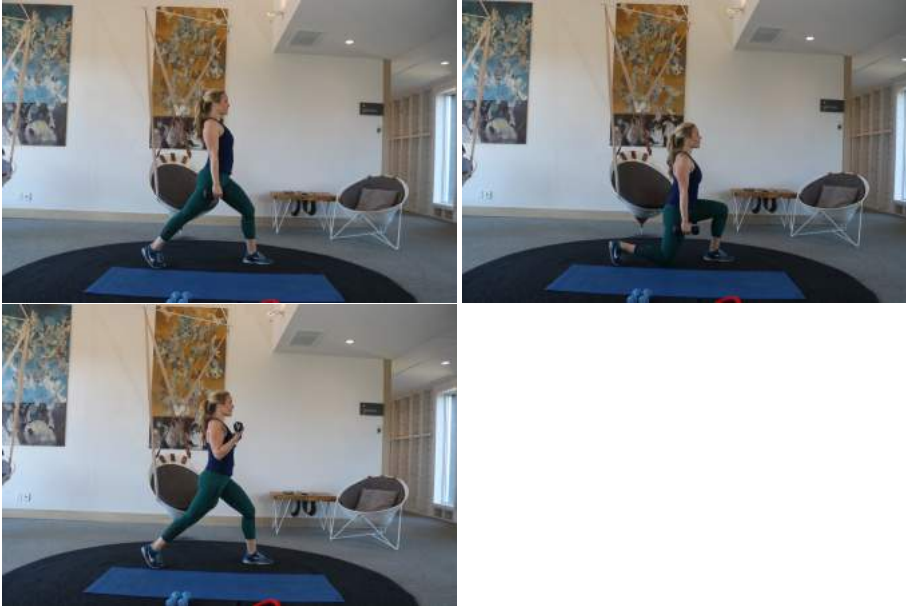
**CARDIO BLOCK:** Perform 3:00 of cardio. You can choose two of the following moves; do :45 a move. (Football run/ basket ball jump /speed skaters / ab jacks / mountain climbers)

### Circuit #2: Legs - 15 reps

#### 1. Squat Press



2. Lunge Dips with Biceps Curls



- 3. Squat Press (See Photo On Previous Page)
- 4. Lunge Dips with Biceps Curls (See Photo Above)
- 5. Dumbbell Squat Thrusts





**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)

**Circuit #3: Upper Body -15 reps, biceps and back**

1. Superman + Lat Pull (Advanced Option: Use Band for Lat Pull Downs)



2. Concentration Curl for Biceps – L



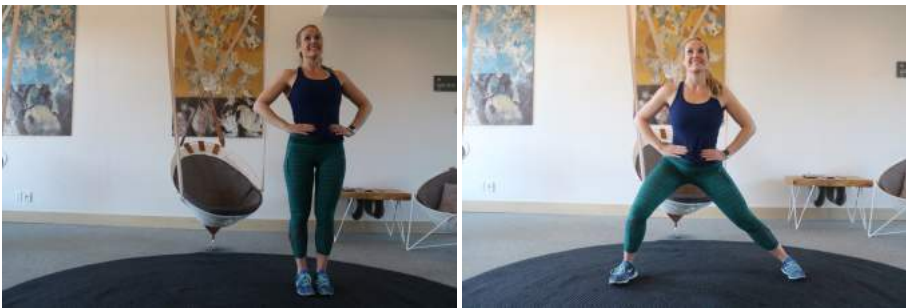
3. Concentration Curl for Biceps – R (See Photo On Previous Page)
4. Alternating Rows in a Plank with Dumbbell (alternating sides)



**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)

Circuit #4: Lower Body - 20 reps

1. L - Side Lunges (help work hips, glutes, and thighs differently than the standard squat)



2. R - Side Lunges (help work hips, glutes, and thighs differently than the standard squat)

3. L - Donkey Kicks



4. R - Donkey Kicks (See Photo Above)

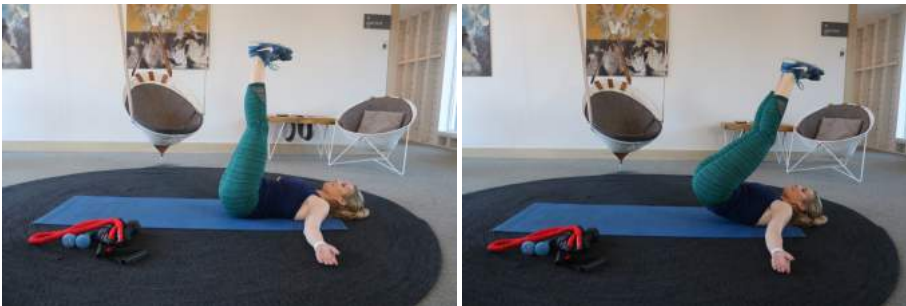
**CARDIO BLOCK:** Perform 3:00 of cardio. You can choose two of the following moves; do :45 a move. (Football run/ basket ball jump /speed skaters / ab jacks / mountain climbers)

**Circuit #5: Abs - :30 to :45 a move**

1. Seated Knee Tucks (Beginner Option: Place Hand on Either Side for Support and Hold Position Two for :30 to :45)



2. Reverse Crunch (Beginner Option: Bend Knees) Tip: Curl low back off the mat by bringing your hips towards your ribs. Pause at the top, and then slowly lower back down.



**Cool down/Stretch – Set Small Steps!**