

Quebec – 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 of each move

1. Single Side Wide Row (Right)
2. Single Side Biceps Curl (Right)
3. Walking Lunges with Weight into Chest
4. Single Side Wide Row (Left)
5. Single Side Biceps Curl (Left)
6. Walking Lunges with Weight into Chest
7. **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: Lower Body – 15 reps of each move

1. Reverse Lunge with Kick
2. Curtsey Squat
3. Reverse Lunge with Kick
4. Curtsey Squat
5. **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 - 12 to 15 reps, (unless indicated)

1. 5 Chest Presses /5 – Pushups (work up to a total of 25 reps)
2. Skull Crushers
3. Triceps Kickbacks
4. **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: Legs - 12 to 15 reps

1. Plie Squats, Calf Raises
2. Reverse Flyes
3. Hip Thrusters
4. **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. Alternating heel touches
2. Bird Dogs
3. Swimmers

Cool down/Stretch – Set Small Steps!

(Photos Next Page)

Circuit #1: Upper Body – 15 reps of each move

1. Single Side Wide Row (Right)



2. Single Side Biceps Curl (Right)



3. Walking Lunges (Option: Weight at Chest)



4. Single Side Wide Row (Left) (See Photo Above)
5. Single Side Biceps Curl (Left) (See Photo Above)
6. Walking Lunges with Weight into Chest (See Photo Above)
7. **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: Lower Body – 15 reps of each move

1. Reverse Lunge with Kick



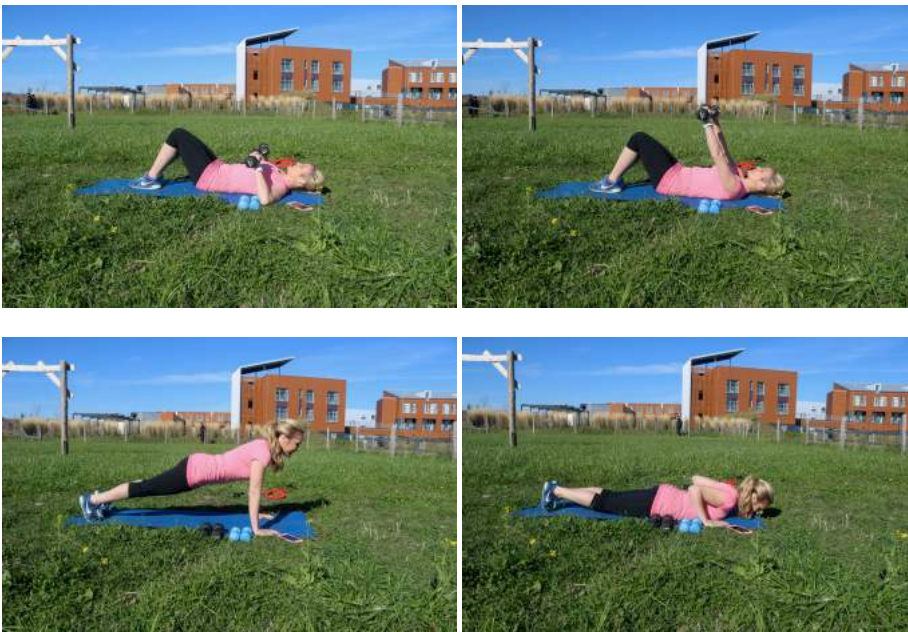
2. Curtsey Squat



3. Reverse Lunge with Kick (See Photo Above)
4. Curtsey Squat (See Photo Above)
5. **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 - 12 to 15 reps, (unless indicated)

1. 5 Chest Presses /5 – Pushups (work up to a total of 25 reps)



2. Skull Crushers



3. Triceps Kickbacks



4. **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: Legs - 12 to 15 reps

1. Plie Squats, Calf Raises



2. Reverse Flyes



3. Hip Thrusters



4. **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. Alternating heel touches



2. Bird Dogs



3. Swimmers



Cool down/Stretch – Set Small Steps!