

Best **10**

TIGHTEN & TONE

WORKOUT EBOOK



Workout 1

DAY 1

A) Every minute on the minute for 5 minutes

- 8 x squat and lunge
- In the remaining time, do as many bicycle sit ups as possible.

B) Every minute on the minute for 4 minutes

- 10 x bodyweight squats
- In the remaining time, do as many glute raises as possible.

C) Every minute on the minute for 3 minutes

- 12 x backwards lunges
- In the remaining time, do as many kick throughs as possible.

D) Every minute on the minute for 2 minutes

- 30 second plank hold
- In the remaining time, do as many ski jumps as possible.

E) Every minute on the minute for 1 minute

- Do as many burpees as you can in 1 minute.

Once you have completed the ladder from A to E, rest for 3 minutes. Then start from the bottom by repeating workout E and working your way back up to workout A.



DAY 2

Workout 2

For 16 minutes, work for 40 seconds and rest for 20 seconds. Perform 4 rounds of each movement (i.e. 4 x 40 seconds work and 20 seconds rest) before moving onto the next movement.

- Plank shoulder touches
- Flutter kicks
- Sprinter lunges
- Russian twists

Set a running clock for 15 minutes. Every 3 minutes, perform:

- 200m run
- 15 x bodyweight squats
- 10 x sit ups



DAY 3

Workout 3

In 15 minutes, complete as many rounds as possible. Start by doing 1 rep of each movement. After the first round, incrementally add 1 rep for each and continue this format for the full 15 minutes.

- 1 x tempo glute raise (3 seconds down, 1 second up)
- 1 x tempo backwards lunge per leg (3 seconds down, 1 second up)
- 1 x tempo bodyweight squat (3 seconds down, 1 second up)
- 1 x skater jump (per side)

For 16 minutes work for 30 seconds and rest for 30 seconds. Perform 4 rounds of each movement (i.e. 4 x 30 seconds work and 30 seconds rest) before moving onto the next movement.

- Flutter kicks
- Crunches
- Sit ups
- Single leg sit ups



DAY 4



Workout 4

Work for 1 full minute on each station, doing the maximum amount of reps possible in a minute before moving on.

Once you've completed a round of all 4 movements, run for 200m before restarting the workout. Complete 5 rounds.

- Minute 1 - Sit ups
- Minute 2 - Mountain climbers
- Minute 3 - Burpee broad jumps
- Minute 4 - Single leg box step ups
- 200m run



DAY 5

Workout 5

In 10 minutes, complete as many rounds as possible of:

- 5 x tempo push ups (2 seconds down, 1 second up)
- 10 x sit ups
- 15 x bodyweight squats
- 20 x high knees

For 20 minutes, work for 40 seconds and rest for 20 seconds. Perform 4 rounds of each movement (i.e. 4 x 40 seconds work and 20 seconds rest) before moving onto the next movement.

- Ski jumps
- Curtsy lunges
- Heel touches
- Speed step ups
- Flutter kicks

