



MY GOAL

2 WEEK TONE UP PLAN

Daily workout guide for strength training and cardio at home.

RESOURCES: Print the plan and learn the moves for the 2 Week Tone-Up Plan.

SUGGESTED GOAL PAIRINGS: Track Progress - Drink Water - Eat Healthy

PROGRESS: For every day you complete the 2 Week Challenge, color in the box.

Directions
Warm up with 5 minutes of light cardio, then complete as many reps as you can, keeping good form for 60 seconds. Do 3 rounds of this 5-exercise circuit, then stretch for 5 minutes to cool down.

Modification
If you're a beginner, complete as many reps as you can, keeping good form for 45 seconds and resting for 15 seconds before moving to the next exercise.

1. Squat

2. Push-Up

3. Butterfly Sit-Up

2 WEEK TONE UP

1	2	3	4
5	6	7	8
9	10	11	12
13	14		

4. Alternating T-Plank

5. Alternating Side Lunge