



#TMB at HOME

WEEK 2 | WORKOUT 2 | STRENGTH

The goal of this strength workout is to focus on form and technique. Use challenging weights and slow down the tempo of each movement to maximize strength benefits. Expect to maintain a blue and green Myzone zone.

Equipment needed: bodyweight, mat (or towel)

WARM UP | 3 MINUTES

Complete 2 rounds of 3 movements before resting and moving to Station 1.

- 30 sec side plank knee to elbow
- 30 sec cherry pickers
- 30 sec single leg toe touches

WORKOUT | 25 MINUTES

Do 4 rounds at each station before moving onto the next. Complete the entire circuit twice.

STATION 1

- 20 sec inch worm push ups
- 10 sec rest

Complete 4 rounds at Station 1 before moving on to Station 2.



STATION 2

- 20 sec box dips (use couch/chair)
- 10 sec rest

Complete 4 rounds at Station 2 before moving on to Station 3.



STATION 3

- 20 sec squat hold
- 10 sec rest

Complete 4 rounds at Station 3 before moving on to Station 4.



STATION 4

- 20 sec arm haulers (hold)
- 10 sec rest

Complete 4 rounds at Station 4 before moving on to Station 5.



STATION 5

- 20 sec tick tock lunges
- 10 sec rest

Complete 4 rounds at Station 5 before moving on to Station 6.



STATION 6

- 20 sec crab crunches
- 10 sec rest

After your first circuit, take a 30 second break and begin back at Station 1.

After completing 2 full circuits, move to Cool Down.



COOL DOWN | 3 MINUTES

Complete 2 rounds of all 3 movements.

- 30 sec pidgeon stretch
- 30 sec scorpion stretch
- 30 sec iron cross

