

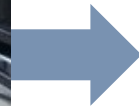
POST - PARTY TONING

THE PERFECT WAY TO TONE AFTER A DAY OF PARTYING



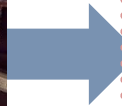
REVERSE LUNGES

Start in this position. Pulse the knee down to the ground 5 times and switch legs. Pulse the other knee down to the ground 5 times. REPEAT THIS 8-12 Times on each leg.



Side Plank Twists

Start in this position. Twist your body to bring the raised elbow down to the ground 15- 20 times.. Switch Sides and Do the other side 15-20 times.



IN OUT CRUNCHES

Do 10 -15 of these bad boys.



Pushups

Dig DEEP do 20

The Rules

Round1: Complete each move with 30 seconds of ANY cardio drill in between

Round2: Complete each move with 45 seconds of ANY cardio drill in between

Round3: Complete each move with 60 seconds of ANY cardio drill in between

Round 4: Complete each move with 90 seconds of ANY cardio drill in between **DO ALL 4 ROUNDS AGAIN**