

Toning Exercise Program

Home- Level 1- M

Day 1

	Exercise	Code	Image 1	Image 2	Repetitions/Equipment/Instructions
1	Calf Stretch	122			3*15 sec hold Wall Stand with both hands against the wall. Place one leg behind and lean forward to feel the calf stretch.
2	Figure 4 Stretch	113			3*15 sec hold Exercise matt Leg crossed over. Push knee downwards.
3	Upright Cycle	94			5-7 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally, you'd want to keep the rpms at 90-100.
4	Standing Theraband Pull Out	179			3*15 reps Theraband Pulling theraband outwards
5	Ball Squats	37			3*12 reps Ball and wall Ball against back, roll down until legs are 90°.
6	DB Lateral Curls	62			3*10 reps Dumbbells Lift weights to shoulder height.
7	DB Bicep Curls	63			3*15 reps Dumbbells Palms facing up. Lift the weights.
8	Pelvic Lifts	2			4*20 reps Exercise mat Lifting your hips. Do not hyperextend back. Feet stay flat.
9	Side Leg Lifts	34			3*15L/15R Exercise matt Bottom leg bent, top leg straight, lifting 30cm
10	Hundreds, feet on ball	20			4*20 reps Exercise matt and ball Arms straight. Crunch bringing hands to knees.
11	Stick stretch	134			30 reps Exercise matt and stick Lay on back and hold a stick with arms stretched out. Slowly move arms overhead and slowly return to start.



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Day 2

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions
1	Standing Side Stretch	215			3*15 sec hold Exercise matt Lift arm up to the side and stretch
2	Touch Toes Stretch	181			3*15 sec hold Space Bend forward till you touch your toes, straight legs
3	Upright Cycle	94			5-7 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally, you'd want to keep the rpms at 90-100.
4	Ladies Tricep dips	55			3*10 reps Bench or chairs Palms on bench. Dip down, bending elbows 90°.
5	Sissy Squats	54			3*15 reps Something solid to hold on to Hold onto something solid. Squat down to 90°.
6	Standing Theraband Rows	133			3*12 reps Theraband Theraband around pole. Pull theraband back.
7	Ladies push-ups	84			3*10 reps Exercise matt Knees bent. Back straight. Bend arms 90°.
8	Bridging, knees on floor	15			3*30 sec hold Exercise matt and stopwatch Keep back straight.
9	30 ° side crunches	191			3*10L/10R Exercise matt Hand behind head crunch to opposite knee.
10	30° crunch (sliding up)	30			3*20 reps Exercise matt Bend knees, place hands on thighs, crunch up.



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Day 3

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions
1	Figure 4 Stretch	113			3*15 sec hold Exercise matt Leg crossed over. Push knee downwards.
2	Lunge Stretch	117			3*15 sec Exercise matt Place one foot in front of your knee and lean forward.
3	Upright Cycle	94			5-7 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally, you'd want to keep the rpms at 90-100.
4	Standing Theraband Rows	133			3*15 reps Theraband Theraband around pole. Pull theraband back.
5	Ball Squats	37			3*12 reps Ball and wall Ball against back, roll down until legs are 90°.
6	DB Lateral Raises	62			3*10 reps Dumbbells Lift weights to shoulder height.
7	DB Bicep Curls	63			3*15 reps Dumbbells Palms facing up. Lift the weights.
8	Hip Ball pull-ins	6			3*10 reps Matt and ball Both feet on ball. Lift hips. Pull ball in.
9	Pelvic Lifts	2			4*20 reps Exercise mat Lifting your hips. Do not hyperextend back. Feet stay flat.
10	Hundreds, feet on ball	20			4*20 reps Exercise matt and ball Arms straight. Crunch bringing hands to knees.



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Day 4

	Exercise	Code	Photo 1	Photo 2	Repetitions/Equipment/Instructions
1	Hamstring stretch w. towel / theraband	109			3*15 sec hold Exercise matt/Towel Towel over foot. Pull leg.
2	Lunge Stretch	121			3*15 sec hold Exercise matt Stand all fours. Take one arm over the other. Kneel backwards.
3	Upright Cycle	94			5-7 min Upright Cycle Make sure that your leg only bends 10 degrees. Generally, you'd want to keep the rpms at 90-100.
4	Standing Theraband Rows	133			3*12 reps Theraband Keep elbows lifted, Lift arms up and down
5	Sissy Squats	54			3*15 reps Something solid to hold on to Hold onto something solid. Squat down to 90°.
6	Ladies Tricep dips	55			3*10 reps Bench or chairs Palms on bench. Dip down, bending elbows 90°.
7	Ladies push-ups	84			3*10 reps Exercise matt Knees bent. Back straight. Bend arms 90°.
8	Bridging, knees on floor	15			3*30 sec hold Exercise matt and stopwatch Keep back straight.
9	30° crunch (sliding up)	30			3*20 reps Exercise matt Bend knees, place hands on thighs, crunch up.
10	Ball Rotations	174			30 reps Ball Feet over ball. Rotating from side to side.

