

# TOTAL BODY TONER!

## NO WEIGHTS, NO GYM

### THE PLAN:

Do each exercise for 60 seconds or 6-10 reps

Do 2-3 circuits

Props: towel and ball

### PUSHUP BALL PIKE

(arms and core)

Push-up position with toes on the ball. Slowly bend at the waist lifting hips, rolling from toes to heel on ball. Hold for 10 seconds. (10 reps)



### STAGGERED BALL PUSH-UP

(shoulders, arms, lower back and core)

Push-up position with right hand on ball left hand on ground. Pushing off left hand to place on ball with right hand. Place right hand on ground keep left hand on ball. Lower body to ground. Push-up with right hand. Repeat.



### WAIST-LINE & GLUTE TONER

(mid-back, hamstring and obliques)

Stand on left leg with right leg bent below waist. Holding towel between hands bend at waist so upper body is parallel to the ground. Kick right leg back and hold. Slowly twist upper body as far left as possible, keeping upper body parallel. Hold for 3 seconds. Complete 6 reps before repeating on opposite side.



### SPEED BALL TAPS

(metabolism booster)

Alternate foot taps as fast as possible without foot touching the ball.





## OVERHEAD SQUAT AND RAISE

(glutes, legs and upper back)

Stand with feet hip width apart, and arms overhead holding towel. Squat. On the 5th rep hold squat and lower towel. Perform twenty shoulder towel raises. Return to start. (6 reps)



## TRICEPS OF FIRE

(arms, triceps and shoulders)

Place hands shoulder width apart and lower body close to bench with legs straight. Dip lower body towards ground keeping elbows close to sides. Lower until upper arm is parallel to the ground. Repeat.



## TOTAL BODY CALORIE CRUNCHER

(quads, hamstrings and upper body)

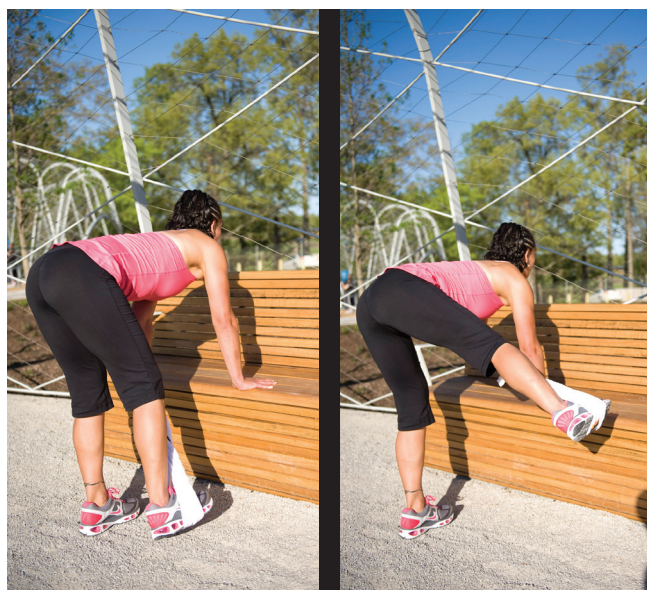
Right leg forward lunge into reverse lunge. Kick right leg up towards hands and swing back as you drop down placing hands on ground. Push off ground explosively to upright start position. Complete sixty second set before repeating on opposite side.



## BRAZILIAN BOOTY TONER

(glutes, hips)

Anchor right foot in towel with left hand holding ends. Lift right leg up to the side. Add resistance by pulling down on towel as you raise leg. Complete sixty second set before repeating on opposite side.



## TO WORKOUT WITH BECCA:

**BEST! Me Boot Camp  
Outdoor Adventure Schedule:**

5:30AM: Tuesday and Thursday

6AM: Monday, Wednesday and Friday

6PM: Monday, Tuesday and Thursday

8:30AM: To be determined

COST: \$9 and up

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