

TONE IT! IN SIX WEEKS

at home toning workouts with just hand weights

WORKOUT	DAY					
	ONE	TWO	THREE	FOUR	FIVE	SIX
ONE						
TWO						
THREE						
FOUR						
FIVE						
SIX						

KEEP THESE KEY AREAS IN MIND:

WARM UP: Before working out, do 5 minutes of light stretching and walking, jogging or in place. This will prepare your body for the demands of the workout, including warming your muscles to prevent injury.

COOL DOWN: The cool down phase is key to every workout. End each workout with a few minutes of cool down to allow your body to recover. Light cardio such as walking or jogging in place to allow your heart rate to come down, and a bit of stretching to help relax the tension in your body.

HYDRATE: Remember to drink lots of water! This is especially important on days that you workout. Every time you move you are expending water from your body. After your workout, drink at least 8 ounces of water to help decrease muscle soreness, as well as increase strength and flexibility.

PUSH YOURSELF: Sometimes with at home workouts we don't tend to give our all. If you want to see REAL results, you need to push yourself. When starting a new fitness routine your body may say, "This is not something I'm used to and boy, I'm uncomfortable," and you will want to stop. Don't! Push yourself just a bit harder, go a bit further than you thought you could.

WORKOUT BY Simply Sadie Jane for Kristen Duke
WORKOUT TRACKER DESIGN BY: seven thirty three