



August 31 Day Tone Your Body Workout Challenge



Push-Up exercise



WaterBlink

EXERCISE 1:

Jumping Jacks – 1 minute

EXERCISE 2:

Push Ups – 30 seconds

EXERCISE 3:

Bicycle Crunches – 1 minute

EXERCISE 4:

Wall Sit – 2 minutes

EXERCISE 5:

Arm Dips – 30 seconds

EXERCISE 6:

Sit Ups – 1 minute

EXERCISE 7:

Side Lunges – 1 minute

EXERCISE 8:

Plank – 1 minute

EXERCISE 9:

Squats – 30 seconds

EXERCISE 10:

Russian Twist – 1 minute



Complete each exercise for the prescribed amount of time, going simultaneously from one exercise to the other. The entire circuit equals 10 minutes with the transition from one exercise to the other. Complete the workout daily. Beginners – complete one circuit; Advanced – complete two circuits.