TLS® Full Body Routine: Weeks 8-12

There should be NO rest between each exercise. Once you complete the first circuit, take a 2-3 minute rest, then continue through circuit 2, rest and continue onto circuit 3.

It is important to know that you are not looking for perfection but progression. Any movement is better than no movement. Track each exercise. If you are not able to complete anyone of the exercises do not be discouraged. This means there is room for improvement. This is why journaling each training session you will able to see your progress. Progress is changes in body composition, balance, strength and endurance. Do three times per week.

Equipment: Mat, Weight

Start with TLS® Dynamic Warm Up

Exercise	Duration	Instructions
CIRCUIT ONE		
Steam Engine	60 Seconds	
Alternating Lunges	Reps: 20	
Side Plank Knee Tuck	Reps: 15	
Single Leg Bridge	Reps: 20	
Plank Push Up Row	Reps: 15	
Spine Twist	30 Seconds	
Mountain Climbers	60 Seconds	
Lateral Lunge with Single Arm Stretch	Reps: 6	

TLS® Full Body Routine: Weeks 8-12

Exercise	Duration	Instructions
CIRCUIT TWO		
Steam Engine	60 Seconds	
Alternating Lunges	Reps: 20	
Side Plank Knee Tuck	Reps: 15	
Single Leg Bridge	Reps: 20	
Plank Push Up Row	Reps: 15	
Spine Twist	30 Seconds	
Mountain Climbers	60 Seconds	
Lateral Lunge with Single Arm Stretch	Reps: 6	
Quick Feet	60 Seconds	

Exercise	Duration	Instructions
CIRCUIT THREE		
Steam Engine	60 Seconds	
Alternating Lunges	Reps: 20	
Side Plank Knee Tuck	Reps: 15	
Single Leg Bridge	Reps: 20	
Plank Push Up Row	Reps: 15	
Spine Twist	30 Seconds	
Mountain Climbers	60 Seconds	
Lateral Lunge with Single Arm Stretch	Reps: 6	
Quick Feet	60 Seconds	
Sumo Squat	Reps: 20	