

TLS® Full Body Routine: Weeks 1-3

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 be able to see your progress. Progress is changes in body composition, balance, strength and endurance. Do three times per week.

Equipment: Mat, beginner elastic tubing and or bands. Moderate to advance free weights (dumbbells)

Start with TLS® Dynamic Warm Up

Exercise	Duration	Instructions
Oblique Crunches	Sets: 1; Reps: 20	<ol style="list-style-type: none"> 1. Begin on your right side with your right leg slightly bent and your left leg crossed over your right leg with knee bent 2. Bend your right elbow on the floor and place your left hand on the side of your head 3. Lift your torso upward and back down, using your right elbow to maintain stability
Plank Oblique	60 Seconds	<ol style="list-style-type: none"> 1. Begin in a modified push up position with your elbows on the floor 2. Without lifting your hips, tuck your left knee up towards your left shoulder, keeping your left foot off the floor as you do so 3. Return your left leg to its original position and alternate between legs
Bicycle Kicks	Sets: 2; Reps: 20	<ol style="list-style-type: none"> 1. Begin on your back with your hands behind your head and your elbows bent 2. Keep your left leg extended, bend your right knee and draw it toward your chest as you lift your upper torso and cross your left elbow over your body to meet your right leg 3. Twist your torso and switch legs, matching your right elbow to your left knee
Forearm Plank Twist	Sets: 2; Reps: 10	<ol style="list-style-type: none"> 1. Begin with your knees on the floor and your upper body propped on bent elbows shoulder width apart 2. Extend your legs back behind you hip width apart, resting on the balls of your feet 3. Twist hips and legs to the right side 4. Hold this position for a few seconds, and then twist back to center 5. Alternate sides and repeat

Consult your physician before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare provider advises against it.

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Lateral Raise to 90 Degrees	Sets: 2; Reps: 15	<p><i>Beginner: no weights or elastic tubing</i> <i>Moderate to advance: resistance bands or weights</i></p> <ol style="list-style-type: none"> 1. Stand with your feet shoulder width apart and a weight in each hand 2. Bend your elbows at a 90 degree angle and hold the weight in front of your torso 3. Raise your arms to each side, keeping your elbows bent until your forearms are parallel to the floor. 4. Lower the weights back to the starting position and repeat
Bent Over Row	Sets: 2; Reps: 15	<p><i>Beginner: elastic tubing, light weights (1-2lbs) –no weights (soup cans)</i> <i>Moderate to advance: resistance bands or weights</i></p> <ol style="list-style-type: none"> 1. Stand with your feet shoulder width apart, your knees bent and a weight in each hand 2. Lean forward at a 45 degree angle 3. Raise your arms upward and bend your elbows, bringing the weight up toward your abdomen 4. Rotate your palms inward as you lift 5. Return to starting position and repeat
Cool Jacks	Sets:2; 20 Seconds	<p><i>Beginner: Start with the twist motion</i></p> <ol style="list-style-type: none"> 1. Stand with your feet shoulder width apart and your arms bent at 90 degrees at shoulder level 2. Twist your torso and arms from side to side as you jump up and down, switching the position of your feet with each jump 3. Your upper body should twist in the opposite direction of your lower body
Half Moon Lunges	Sets: 2; Reps: 15	<ol style="list-style-type: none"> 1. Stand with your feet shoulder width apart 2. Bend your left knee and lunge directly to your left side 3. Bring your foot back to starting position and lunge at a 45 degree angle with your left foot 4. Return to starting position and perform a standard forward lunge 5. Switch sides and repeat the sequence

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Alternating Hammer Curls	Sets: 2; Reps: 15	<p><i>Beginner: elastic tubing, light weights (1-2lbs) –no weights (soup cans)</i> <i>Moderate to advance: resistance bands or weights</i></p> <ol style="list-style-type: none"> Stand with your feet shoulder width apart, a weight in each hand and your arms at your sides Bending your arms at the elbows, curl one weight up to shoulder level, keeping the weight positioned vertically Lower the weight back to your side as you raise the weight in your other hand Alternate from side to side
Plyo Jacks	Sets: 2; Reps: 23	<p><i>Beginner: Start with step 1 and 2. Work up to step 3.</i></p> <ol style="list-style-type: none"> Begin with your feet together, knees slightly bent, and arms at your sides In one jumping motion, spread your feet apart and land in a deep, turned out squat with your arms lifted overhead From this position, jump back into your starting position and repeat
Side Plank	30 Seconds	<ol style="list-style-type: none"> Start in a standard pushup position Twist your body to one side like you are looking directly at a wall Your feet should be stacked one on top of the other Support yourself with one arm extended straight down below your shoulder Hold your body in a straight line Repeat on the opposite side

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