

Alternate TNT

As an alternate to the TNT for the week, work on this list at your pace to earn your points.

View Sparks Exercise Library at www.sparkpeople.com/resource/exercise_demos.asp

Remember to warm up for a few minutes before you begin and stretch or cool down for a few minutes after you do any workout.
Complete as many of the following as you are able – give yourself 1 points for each one checked off.

For this challenge, points are earned by completing 8-15 Reps each ST Exercise or hold pose for 30-60 seconds!

<u>Upper Body</u>	<u>Lower Body</u>	<u>Core</u>	<u>**Extra Cardio/ or ST Video</u>
Bicep Curls Dumbbell Hammer Curls Shoulder Shrugs Dumbbell Lateral Raises Boxers Dumbbell Shoulder Press Dumbbell Tricep Kick Backs One Arm Dumbbell Row Dumbbell Chest Fly's Pushups (modify if needed) Close Arm Wall Pushups Tricep Dips Wall Sit with Bicep Curls	Bridges Calf Raises Dumbbell Squats Forward Lunges Lateral Lunges Lying or Standing Abduction Lying or Standing Adduction Lying Leg Curls Seated Leg Extensions Skater Squats Squats Step Ups Genie Sit Lying Double Leg Raises Single Leg Bridge Ups Walking Lunges Wide Leg Wall Sit with Calf Raises	Back Extensions Banana Bridge-Up Wood Chop w/ Medicine Ball Crunches Crunches with Ball (or Twist) Dolphin Pose Dumbbell Side Bends Hip Flexors Modified Plank Modified Side Plank Reverse Crunch Standing Side Bend with Towel Superman Swimmer Airplane Pose Bicycle Crunches Dumbbell Crunches Hip Flexor with Extension Lying Straight Leg Raises Pendulum Plank (you pick the kind) Seated Knee Lifts with Chair	(one point per minute) Jumping Jacks March in Place Jog in Place Shadow Boxing Jumping Rope Dance Side Steps Run Up & Down Stairs Knee Highs Butt Kicks Burpees Step Ups