**Week 8 TNT**

This week we will do total body basics and hit all the major muscle groups

**Hammer Curls** 2 sets of 15
**Boxer** 2 sets of 15
**Lateral Raises** 2 sets of 15
**Dead Lift** - 2 sets of 15
**Flys** 2 sets of 15
**Bicycle Crunches** 2 sets of 15 each leg
**Single Leg Squats with Touch Toe** 2 sets 15 each leg
**Lying Double Leg Raise** 2 sets of 15 each leg
**Fire Hydrants** 2 sets of 15 each leg
**Calf Raises** 2 sets of 15
**Stretch**

**OR**

## SparkPeople NEW YOU Bootcamp Workout