



BONUS WORKOUT

MIDPOINT MUSCLE-UP

Start with Squats. Do all reps, then move to next exercise on the right.

SQUATS

1x
2x
3x
4x
5x
4x
3x
2x
1x

JUMPING JACKS

5x

LUNGES
Alternate sides*

1x
2x
3x
4x
5x
4x
3x
2x
1x

JUMPING JACKS

5x

PLANK

30 sec

JUMPING JACKS

5x

PUSH UPS

1x
2x
3x
4x
5x
4x
3x
2x
1x

JUMPING JACKS

5x

*Complete every rep on both sides.



BONUS WORKOUT

WEEK 4 TORCH + TONE

Start with Squats. Do all reps, then move to next exercise on the right.

SQUATS

- 1x
- 2x
- 3x
- 4x
- 5x
- 6x
- 7x
- 8x
- 9x
- 10x
- 9x
- 8x
- 7x
- 6x
- 5x
- 4x
- 3x
- 2x
- 1x

JUMPING JACKS

10x

LUNGES
Alternate sides*

- 1x
- 2x
- 3x
- 4x
- 5x
- 6x
- 7x
- 8x
- 9x
- 10x
- 9x
- 8x
- 7x
- 6x
- 5x
- 4x
- 3x
- 2x
- 1x

JUMPING JACKS

10x

PLANK

60 sec

JUMPING JACKS

10x

PUSH UPS

- 1x
- 2x
- 3x
- 4x
- 5x
- 6x
- 7x
- 8x
- 9x
- 10x
- 9x
- 8x
- 7x
- 6x
- 5x
- 4x
- 3x
- 2x
- 1x

JUMPING JACKS

10x

*Complete every rep on both sides.