

**TOTAL BODY TONING  
3 x WEEK PROGRAM**

**DAY #1**

1. Shoulder Press w/DBs
2. Leg Press
  
3. Bench Press w/BB
4. Lunges (Kickup/Lungeback)
  
5. Lat Pulldown
6. Leg Curl
  
7. Seated High Row w/straight bar
8. Hip Extensions w/low pulley
  
9. Tricep Pushdowns
10. Bicep Curls w/low pulley & bar

**DAY #2**

1. Arm Raise (Front/Side)
2. Squats (Freestyle)
  
3. Incline Chest Press w/DBs  
Decline Chest Press w/DBs
4. Lunges (Forward 4-count)
  
5. One-Arm Row
6. Leg Curl w/ankle weights
  
7. Bent Over Side Arm Raise
8. Hip Extensions w/ankle weights
  
9. Tricep Kickbacks
10. Bicep Curls w/DBs

**DAY #3**

1. Posterior Arm Raise
2. Squat Lunges
  
3. Pushups
4. Lunges (Walking)
  
5. Straight-Arm Pulldown
6. Leg Curl
  
7. Seated Low Row
8. Dead Lifts w/bar or DBs
  
9. Triceps Overhead Ext.
10. Bicep Curls w/bar

NOTE: BB = Barbell  
DB = Dumbbells