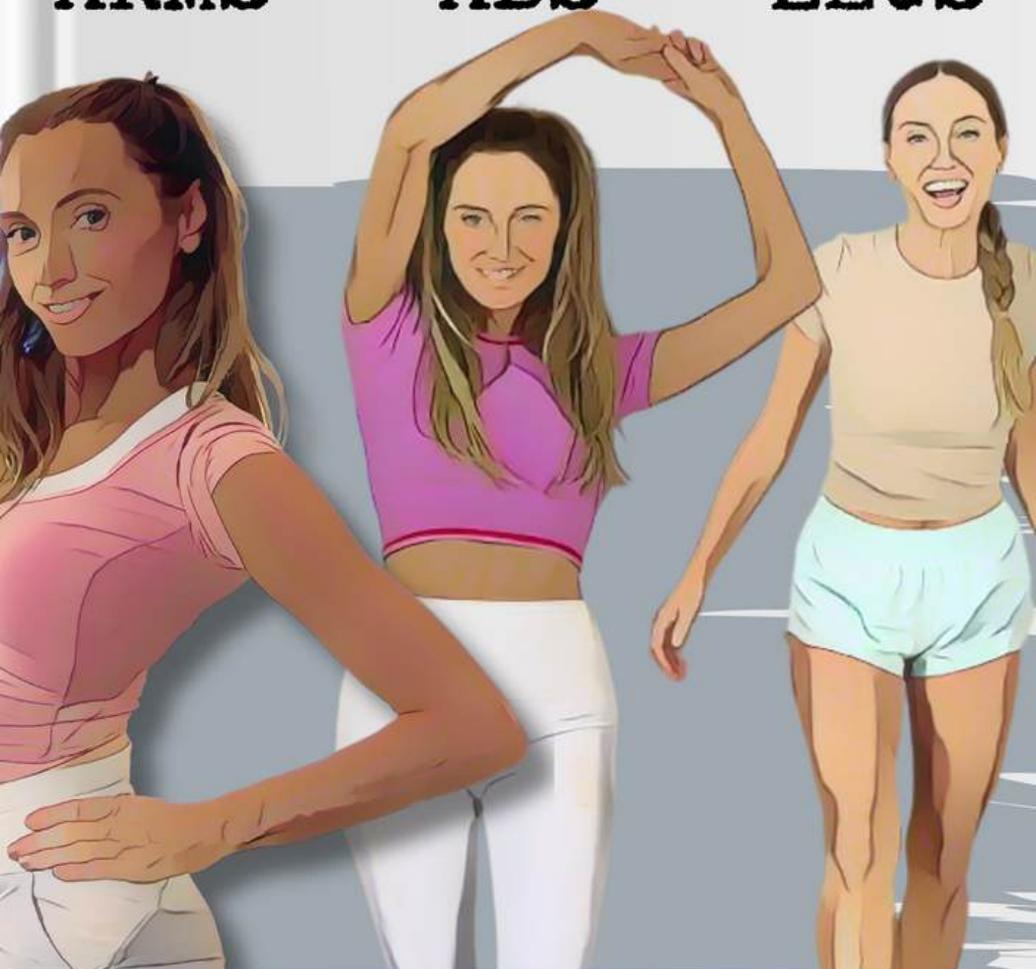


TONE UP CHALLENGE

ARMS

ABS

LEGS



by Qualified Trainer Lucy Wyndham-Read

28 DAY FREE PLAN

DID YOU KNOW?



Toning exercises offer more than just body sculpting and shaping; they come with a multitude of remarkable benefits. As your trainer, I always like to focus on the health aspects of exercise.



Here's a list of what I believe you will agree are some truly beneficial advantages of toning your body with the exercises within this plan.

Enhanced Flexibility and Mobility

These toning exercises within this free plan involve stretching and lengthening muscles. This not only helps tone your body but also improves your range of motion and flexibility.

Improved Posture

These toning exercises especially the abs will help support proper alignment, leading to better posture. This reduces the strain on your joints and spine, potentially preventing back pain and other issues related to poor posture.

Better Bone Health

All these exercises are weight-bearing and improve bone density, helping to prevent osteoporosis and fractures, especially as you age.

Healthier Heart

Many of my toning exercises often include some level of cardiovascular work, which improves heart health, lowers blood pressure, and reduces the risk of cardiovascular diseases.

Enhanced Strength

All of my toning exercises concentrate on bodyweight movements and challenge your muscles through endurance. We aim to fatigue the muscles over a longer duration; rather than lifting weights for just 8-12 reps, we focus on endurance. This approach provides excellent toning and sculpting benefits, while being safe for your joints and effectively building strength in your muscles. As a result, daily activities such as lifting, carrying, and other physical tasks become easier.

TONE UP CHALLENGE TO

- TONE AND SCULPT YOUR MUSCLES
- BOOST YOUR NATURAL METABOLIC RATE
- MOBILIZE YOUR JOINTS
- ENHANCE YOUR BONE HEALTH
- INCREASE YOUR ENERGY LEVELS
- IMPROVE YOUR RANGE OF MOTION
- ENHANCE YOUR POSTURE
- IMPROVE YOUR OVERALL HEALTH

HOW IT WORKS

We will incorporate a quick daily cardio workout along with a **TONING ROUTINE** targeting either **ARMS, ABS, or LEGS**. If you're pressed for time on a particular day, feel free to skip the cardio and concentrate solely on your toning session.

All cardio workouts are designed to be 15 minutes or less, with many toning exercises only taking about 5 minutes. You can choose to spread the workouts throughout the day or perform them consecutively.

Every workout is crafted for home sessions and requires no equipment. We will use body weight exercises, which effectively tone muscles, enhance bone strength, and are gentle on your joints. Listen to your body; if you feel fatigued, it's important to take a break and do what feels right for you.

Simply press the play button below to start your workout schedule and follow along.
Mark off each day once you finish your workout.

WEEK 1

JUST CLICK ON THE PLAY BUTTON TO START THE WORKOUT. YOU CAN ALSO PRINT THIS PAGE AND CHECK OFF EACH WORKOUT AS YOU COMPLETE THEM.

DAY 1

TONE

7 MIN ARMS



DAY 2

7 MIN LEGS



DAY 3

7 MIN ABS



DAY 4

7 MIN ARMS



DAY 5

5 MIN LEGS



DAY 6

5 MIN ABS



DAY 7

5 MIN ARMS



CARDIO

7 MIN HIIT



15 MIN WALK



7 MIN STEPS



15 MIN WALK



15 MIN CARDIO



10 MIN CARDIO



10 MIN CARDIO



WEEK 2



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

TONE

5 MIN LEGS



5 MIN ABS



5 MIN ARMS



5 MIN LEGS



5 MIN ABS



5 MIN ARMS



5 MIN LEGS



CARDIO

15 MIN WALK



15 MIN WALK



10 MIN CARDIO



15 MIN WALK



15 MIN WALK



15 MIN WALK



7 MIN HIIT



WEEK 3



TONE

DAY 1

5 MIN ABS



DAY 2

10 MIN ARMS



DAY 3

10 MIN LEGS



DAY 4

8 MIN ABS



DAY 5

4 MIN ARMS



DAY 6

7 MIN LEGS



DAY 7

8 MIN ABS



CARDIO

15 MIN WALK



7 MIN CARDIO



7 MIN CARDIO



10 MIN CARDIO



10 MIN CARDIO



7 MIN CARDIO



7 MIN CARDIO



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

TONE

7 MIN ARMS



7 MIN LEGS



7 MIN ABS



7 MIN ARMS



7 MIN LEGS



7 MIN ABS



7 MIN ARMS



CARDIO

15 MIN WALK



15 MIN CARDIO



15 MIN CARDIO



10 MIN WALK



7 MIN STEPS



10 MIN WALK



7 MIN WALK



NEW PRODUCT

Lucy's Home Exercise Cards allow you to design your own workout routine at home. You can create various workout sequences, from quick 3-minute sessions to 30-minute workout, using 30 different exercises graded by intensity. Each card also includes a motivational quote to keep you motivated. **This is a fun way to get fit and tone the areas you want at home.**

30 EXERCISE CARDS

ARMS



By Lucy Wyndham-Read

CREATE YOUR OWN WORKOUT

T-SHIRT ARMS LIFT

LEVEL ★★

WORKS: TRICEPS & IMPROVES POSTURE

HOW TO DO IT

Stand with feet hip-width apart, slightly leaning forward from the hips with the feet hip-width apart. Raise your arms high behind you, with the hands touching. Maintain the position and perform small pulsing movements, keeping your arms high. Aim to do the full 1 minute.



"YOU ARE YOUR OWNABLE. YOU ARE YOUR OWNABLE."

WALL TONING ARM LIFTS

LEVEL ★★

WORKS: SHOULDER MOBILITY & TONED ARMS

HOW TO DO IT

Stand with your feet hip-width apart and your back against a wall. Lift your arms up to your shoulders, then lift your arms up to your head, keeping your hands touching. Repeat 10 times. Hold for 10 seconds. Repeat 10 times.



"BACK AGAINST THE WALL TO YOUR OWNABLE HEALTH."

TOTAL ARM SCAUPT

LEVEL ★★

WORKS: TONES SHOULDERS & TRICEPS

HOW TO DO IT

Stand with your feet hip-width apart and your back against a wall. Lift your arms up to your shoulders, then lift your arms up to your head, keeping your hands touching. Repeat 10 times. Hold for 10 seconds. Repeat 10 times.



"YOUR SHOULDERS & TRICEPS ARE YOUR OWNABLE HEALTH."

THE V PUSH AND TONE

LEVEL ★★

WORKS: YOUR ARMS, SHOULDERS & UPPER BACK

HOW TO DO IT

Stand with your feet hip-width apart and your back against a wall. Lift your arms up to your shoulders, then lift your arms up to your head, keeping your hands touching. Repeat 10 times. Hold for 10 seconds. Repeat 10 times.



"THESE ARE YOUR OWNABLE HEALTH. YOU ARE YOUR OWNABLE HEALTH."

[CLICK HERE FOR ARM CARDS](#)

30 EXERCISE CARDS

ABS & CORE STANDING



By Lucy Wyndham-Read

CREATE YOUR OWN WORKOUT

AB KNEE DRIVES

LEVEL ★★★

WORKS: CORE, ANKLES, LEGS & BALANCE

HOW TO DO IT

Stand with feet hip-width apart, slightly leaning forward from the hips with the feet hip-width apart. Raise your arms high behind you, with the hands touching. Maintain the position and perform small pulsing movements, keeping your arms high. Aim to do the full 1 minute.



"YOU ARE STRONGER THAN YOU THINK."

CORE SCULPT STIR

LEVEL ★★

WORKS: CORE, WAIST, ABS & WAIST

HOW TO DO IT

Stand with your feet hip-width apart and your back against a wall. Lift your arms up to your shoulders, then lift your arms up to your head, keeping your hands touching. Repeat 10 times. Hold for 10 seconds. Repeat 10 times.



"YOUR CORE IS YOUR OWNABLE HEALTH. YOU ARE YOUR OWNABLE HEALTH."

IMAGINARY AB CIRCLE

LEVEL ★★★

WORKS: CORE, WAIST, ABS & WAIST

HOW TO DO IT

Stand with your feet hip-width apart and your back against a wall. Lift your arms up to your shoulders, then lift your arms up to your head, keeping your hands touching. Repeat 10 times. Hold for 10 seconds. Repeat 10 times.



"YOUR CORE IS YOUR OWNABLE HEALTH. YOU ARE YOUR OWNABLE HEALTH."

3 X STRONGER CORE

LEVEL ★★★

WORKS: CORE, WAIST & CARDIO

HOW TO DO IT

Stand with your feet hip-width apart and your back against a wall. Lift your arms up to your shoulders, then lift your arms up to your head, keeping your hands touching. Repeat 10 times. Hold for 10 seconds. Repeat 10 times.



"YOUR CORE IS A CELEBRATION OF WHAT YOUR BODY CAN DO."

[CLICK HERE FOR AB CARDS](#)

30 EXERCISE CARDS

LOWER BODY



By Lucy Wyndham-Read

CREATE YOUR OWN WORKOUT

T-BEND TOUCHDOWN

LEVEL ★★★

WORKS: CORE, ANKLES, LEGS & BALANCE

HOW TO DO IT

Stand with your feet hip-width apart, slightly leaning forward from the hips with the feet hip-width apart. Raise your arms high behind you, with the hands touching. Maintain the position and perform small pulsing movements, keeping your arms high. Aim to do the full 1 minute.



"YOUR BENDERS ARE ALL THE WAY."

CARDIO THIGH TONER

LEVEL ★★★

WORKS: CARDIO, GLUTES & THIGHS

HOW TO DO IT

Stand with your feet hip-width apart and your back against a wall. Lift your arms up to your shoulders, then lift your arms up to your head, keeping your hands touching. Repeat 10 times. Hold for 10 seconds. Repeat 10 times.



"THESE ARE YOUR OWNABLE HEALTH. YOU ARE YOUR OWNABLE HEALTH."

GLUTE & LEG TONER

LEVEL ★★★

WORKS: THIGHS, GLUTES & CORE

HOW TO DO IT

Stand with your feet hip-width apart and your back against a wall. Lift your arms up to your shoulders, then lift your arms up to your head, keeping your hands touching. Repeat 10 times. Hold for 10 seconds. Repeat 10 times.



"YOUR CORE IS YOUR OWNABLE HEALTH. YOU ARE YOUR OWNABLE HEALTH."

THIGH TONING CIRCLES

LEVEL ★★★

WORKS: LEGS, CORE, FLEXIBILITY & HIP

HOW TO DO IT

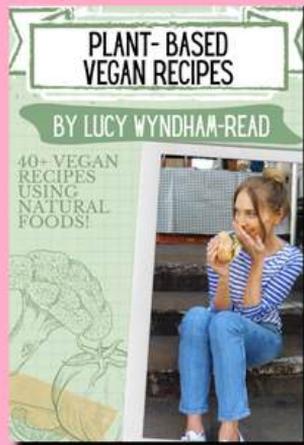
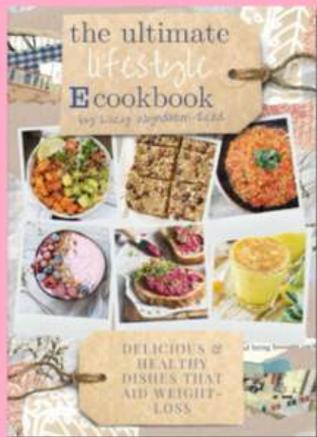
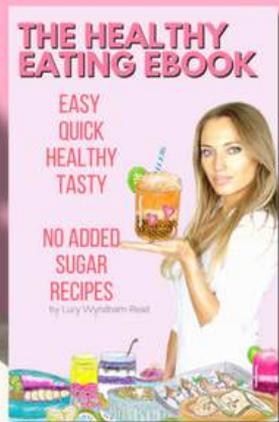
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"THESE ARE YOUR OWNABLE HEALTH. YOU ARE YOUR OWNABLE HEALTH."

[CLICK HERE FOR LEG CARDS](#)

**FOR LUCY'S
HEALTHY
EATING
EBOOKS
AND MORE
CLICK HERE**





Always
here to
keep YOU
and your
loved
ones
**MOVING
AT HOME**

Lucy K

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