



BodyTone

Intermediate 7

This mixture of simple and supersets are combined with some tempo changes to get your participants used to training under different intensities. Stick with around 12 reps unless otherwise specified:

Set 1

Single Leg Squats

Set 2

Box Squats

Romanian Deadlift

Set 3

Overhead Lunge – 10 Slow / 10 Fast

Set 4

Single Arm Bent Over Row

Set 5

Slow Rear Delt Flye 2-1-2-1

Set 6

Seated Arnold Press

1 x Lateral, 1 x Front Raise (opposition)
--



BodyTone