



TBS002

This is an ETM Body Tone workout set to the TBS002 (www.totalbodysound.com) mix. I have choreographed this as verse & chorus HOWEVER you could teach this to any 32 count music.

The notes are timecoded to the timecode in the TRACK not the timecode of the video. This is to make it easier for you if you do decide to teach this to the track used in the video.

You need to include a warm-up before any of these tracks.

Equipment required: Dumbbells/Barbells & Mat

TRACK 1 - SHOULDERS

Time		Exercise	Repeats	Counts
0:00	A	Intro		64
0:30	B	HT Clean & Press	x4	64
1:00	C	FT Clean & 3x Press	x4	64
1:30	D	Upright Row	x16	32
2:03	B	Rest	x1	32
		HT Clean & Press	x2	32
2:34	C	FT Clean & 3x Press	x4	64
3:04	B	HT Clean & Press	x4	64
3:34	C	FT Clean & 3x Press	x4	64
4:04	D	Upright Row	x16	32
4:37	B	Rest	x1	32
		HT Clean & Press	x2	32
5:09	C	FT Clean & 3x Press	x4	64



5:38	D	Upright Row	x16	32
6:10	B	Rest HT Clean & Press	x1 x2	32 32
6:38		Track changeover – or change on the phrase before for extra time		64

TRACK 2 - LEGS

Time		Exercise	Repeats	Counts
7:07	A	Squats 1x Squat – Lunge x3	x4 x2	64
7:38	B	1x RDL, 2 x Bent Over Row	x4	64
8:08	A	Squats 1x Squat – Lunge x3	x4 x2	64
8:37	C	Calf Raises	x8	64
9:08	A	Squats 1x Squat – Lunge x3	x4 x2	64
9:37	D	Rest		64
10:06	B	1x RDL, 2 x Bent Over Row	x4	64
10:35	A	Squats 1x Squat – Lunge x3	x4 x2	64
11:08	C	Calf Raises	x8	64
11:34	A	Squats 1x Squat – Lunge x3	x4 x2	64
12:05	B	1x RDL, 2 x Bent Over Row	x4	64
12:33	A	Squats 1x Squat – Lunge x3	x4 x2	64



13:03	C	Calf Raises	x8	64
13:30		Track changeover – or changover on the phrase before for extra time		64

TRACK 3 – BACK & BICEPS

Time		Exercise	Repeats	Counts
14:00	A	Bicep Curl (on beat) & Slow Lower	x8	64
14:27	B	1x Bent Over Row, 1 x Curl	x8	128
15:25	C	Bicep Curl 16's 8x Low Partial Reps 8x High partial Reps	x1	64
15:54	D	Rest		64
16:22	A	Bicep Curl (on beat) & Slow Lower	x8	64
16:50	B	1x Bent Over Row, 1 x Curl	x8	128
17:47	C	Bicep Curl 16's 8x Low Partial Reps 8x High partial Reps	x1	64
18:16	D	Rest/Changeover – remove all plates etc		128



TRACK 4 – SHOULDERS & TRICEPS

Time		Exercise	Repeats	Counts
19:13	A	Intro – extended changeover time		64
19:37	B	Lateral Raise Hold	x8	64
20:07	C	Rear Delt Flye	x8	64
20:33	B	Lateral Raise Hold	x8	64
21:03	D	Overhead Tricep Extension	x8	64
21:28	E	Rest		64
21:54	B	Lateral Raise Hold	x8	64
22:23	C	Rear Delt Flye	x8	64
22:49	B	Lateral Raise Hold	x8	64
23:20	D	Overhead Tricep Extension	x8	64
23:44	B	Lateral Raise Hold	x8	64
24:13		Changeover		192

Intro to Track 5 begins at 25:35

Adding another leg track here, glutes or core would work really well for a total body approach.