"FullBody Tonus" - muscle tone and fat burning for women

Intermediate	27 min	24 exercises	~64 kcal

Act Decisively and urgently - the way only a woman can overcome 24 intense workouts of different dimensions and for your friends you will become a reference point for equality.

https://athlos.com/exercises/4207

Mobile Fitness Account

Exercising with AthloS, you get exactly the load established by the author of the routine at any moment and place you want. Moreover, you can stop at will and pick up much from as necessary to fulfill the task set by coach

Install App athlos Fitness Account or Watch: https://athlos.com/app

The content of of the program

Total duration: 27 min | Average difficulty: Intermediate | Total calories: ~64 kcal

Warm up: 3 min | Workout: 21 min | Cool down: 3 min

Warm up: Warm up exercises are for the muscles and other movement systems to be ready for more intensive exercises. Warm up exercises are also used to prevent injuries. Warm up exercises are also used to improve performance in sports and other physical activities.

#	Exercise (equipment)	Sets / Reps	Rest between sets
	1 day		
1	Dumbbell Squat	3 / 16-20	60 sec
2	Dumbbell Bench Press	3 / 16-20	60 sec
3	Bent-Arm Dumbbell Pullover	3 / 16-20	60 sec
4	Power Pretzels	2 / 12-15	120 / 180 sec
5	Hammer Curls	3 / 16-20	60 sec
6	Standing Dumbbell Triceps Extension	3 / 16-20	60 sec
7	Standing Dumbbell Calf Raise	2 / 25-30	120 / 180 sec
8	Hyperextensions (Back Extensions)	2 / 20-25	120 / 180 sec
9	Yoga Crunch	3 / Max	120 sec
	2 day		
1	Running, Treadmill	30 min-45 min	150 sec
	3 day		
1	Dumbbell Flyes	3 / 16-20	60 sec
2	One-Arm Dumbbell Row	3 / 16-20	60 sec
3	Dumbbell Shoulder Press	3 / 16-20	60 sec
4	Dumbbell Wrap Curl	3 / 16-20	60 sec
5	Tricep Dumbbell Kickback	3 / 16-20	60 sec
6	Thigh Adductor	3 / 16-20	60 sec
7	Thigh Abductor	3 / 16-20	60 sec
8	Dumbbell Seated One-Leg Calf Raise	2 / 25-30	120 / 180 sec
9	Crunches	3 / Max	120 sec
	4 day		
1	Hiking	30 min-45 min	150 sec
	5 day		
1	Dumbbell Step Ups	3 / 16-20	60 sec
2	Lying Leg Curls	1 / 60	120 sec
3	Standing One-Leg Calf Raise	2 / 25-30	120 / 180 sec
4	Sign - Chest Version	2 / 12-15	120 / 180 sec
5	Pushups	2 / 12-15	120 / 180 sec
6	Bent-Arm Dumbbell Pullover	3 / 16-20	60 sec
7	Seated Bent-Over Rear Delt Raise	3 / 12-15	60 sec
8	Concentration Curls	3 / 16-20	60 sec
9	Lying Dumbbell Tricep Extension	3 / 16-20	60 sec
10	Dumbbell Side Bend	3 / 16-20	60 sec
	6 day		
1	Stairmaster	30 min-45 min	150 sec
	7 day (rest)		

Training intensity for each exercise

Warm up exercises, Warm cool down exercises, weight loss exercises, Fat burning exercises, Cardio exercises, Strength training exercises, Cardio exercises, Strength training exercises, Cardio exercises, Strength training