

BLC BREAK - TNT

As an alternate to the TNT for the week, work on this list at your pace to earn your points. It's **STRONGLY RECOMMENDED** that you do the TNT as set up - use this only as a last resort!

Here is a list of "JAMS"! Complete as many of the following as you are able – give yourself 1 point for each one checked off. Post your score in the ONTS by the end of the day Friday!

For this challenge, points are earned by completing 15 Reps each ST Exercise or hold pose for 1 minute!

<u>Upper Body</u>	<u>Lower Body</u>	<u>Core</u>	<u>**Extra Cardio</u>
Bicep Curls	Bridges	Back Extensions	(One Minute Each)
Dumbbell Hammer Curls	Calf Raises	Banana	Jumping Jacks
Shoulder Shrugs	Dumbbell Squats	Bridge-Ups	March in Place
Dumbbell Lateral Raises	Forward Lunges	Wood Chop with Medicine Ball	Jog in Place
Boxers	Lateral Lunges	Crunches	Shadow Boxing
Dumbbell Shoulder Press	Lying or Standing Abduction	Crunches with Ball (or Twist)	Jumping Rope
Dumbbell Tricep Kick Backs	Lying or Standing Adduction	Dolphin Pose	Dance
One Arm Dumbbell Row	Lying Leg Curls	Dumbbell Side Bends	Side Steps
Dumbbell Chest Fly's	Seated Leg Extensions	Hip Flexors	Run Up & Down Stairs
Pushups (modify if needed)	Skater Squats	Modified Plank	Knee Highs
Close Arm Wall Pushups	Squats	Modified Side Plank	Butt Kicks
Tricep Dips	Step Ups	Reverse Crunch	Burpees
Wall Sit with Bicep Curls	Genie Sit	Standing Side Bend with Towel	Step Ups
	Lying Double Leg Raises	Superman	
	Single Leg Bridge Ups	Swimmer	
	Walking Lunges	Airplane Pose	
	Wide Leg Wall Sit with Calf Raises	Bicycle Crunches	
		Dumbbell Crunches	
		Hip Flexor with Extension	
		Lying Straight Leg Raises	
		Pendulum	
		Plank	
		Seated Knee Lifts with Chair	
		Side Plank	