



Week 2 TNT - Jan. 17 - 23

Let's start with some basics.

Rules

1. You earn 1 points for every 15 reps you do of the exercises below. For example: 15 push ups, 15 deadlifts, 15 crunches and 15 squats = 4 points
2. Choose which exercises you want to do.
3. All the exercises must be done on the same day but do not have to be in one session - you may choose which day.

Options:

Upper Body: [Dumbbell Rows](#) [Bent-Over Row w/Band](#) [Lat Pulldowns](#) [Dumbbell Shoulder Press](#)
[Bench Press \(you can use the modifications on this page too\)](#) [Dumbbell Flys](#)
[One Armed Side Pushup](#) [dumbbell/barbell pullover \(lats\)](#) [Dumbbell Lat Raises](#)

Pushups: [Wall Pushups](#) [Modified Pushups \(Knees\)](#) [Pushups \(Toes\)](#)

Deadlifts: [Deadlifts](#)

Core: [Crunches](#) [Crunches w/Ball](#) [Bicycle Crunches](#) [Bridge Up](#) [Lying Straight Leg Raises](#)

Count 1 point for every 30 seconds you hold Planks: [Side Plank](#) [Modified Side Plank](#) [Plank](#) [Hanging Leg Raise](#) [Russian Twist](#) [Clean & Jerk](#) [Superman](#) [Floor Wipers](#) [Swiss Ball Leg Lift](#) [Kneeling Squat](#)

Lower Body: [Lunges](#) [Dumbbell Lunges](#) [Leg Curls w/Ball](#) [Lateral Lunges](#) [Modified Lunges](#) [Bridges on a Ball](#) [Bridge](#) [Dumbbell Step Ups](#) [Leg Press](#) [Good Mornings](#) [Runner's Lunge](#)

Squats: [Squats](#) [Dumbbell Squats](#) [Squats on a Leg Press Machine](#) [Wall Squats w/Ball](#)

Unlimited points for this TNT challenge.