



## Week 7 TNT - Feb. 7 - 13

Give yourself 5 points for reading the article.

Read the article: [Transform Your Body in 10 Minutes with 8 Moves](#)

Give yourself 30 points for completing the exercises listed.

[Squats](#) - 2 sets of 15 each leg

[Pushups](#) - 2 sets of 10

[Tricep Dips with Bent Knees](#) - 1 set of 10

[Crunches](#) - 2 sets of 25

[Reverse Lunges](#) (or standing) - 2 sets of 10 each leg

[Sumo Squats](#) - 2 sets of 25

[Plank](#) - 2 sets of 10 second hold

[Walkouts](#) - 2 sets of 10

**OR** - Give yourself 5 points for completing this video.

[6-Minute Hips, Glutes & Thighs Workout](#)

**OR** - Give yourself 20 points for completing this video

[20-Minute Dumbbell Workout](#)

Maximum points 60 for this TNT challenge.

