



Week 8 TNT - Feb. 28 - March 6

This week we will do total body basics and hit all the major muscle groups. Give yourself 30 points for completing the exercises listed.

[Hammer Curls](#) 2 sets of 15

[Boxer](#) 2 sets of 15

[Lateral Raises](#) 2 sets of 15

[Dead Lift](#) - 2 sets of 15

[Flys](#) 2 sets of 15

[Bicycle Crunches](#) 2 sets of 15 each leg

[Single Leg Squats with Touch Toe](#) 2 sets 15 each leg

[Lying Double Leg Raise](#) 2 sets of 15 each leg

[Fire Hydrants](#) 2 sets of 15 each leg

[Calf Raises](#) 2 sets of 15

[Stretch](#)

OR Give yourself 40 points for completing the full set of videos in the 28-Day Bootcamp series.

[SparkPeople 28-Day Bootcamp: Total-Body Workout](#)

This workout is a playlist of 5 videos:

- [SparkPeople 28-Day Bootcamp: Warm-Up \(06:20\)](#)
- [SparkPeople 28-Day Bootcamp: Total-Body Workout, Part 1 \(09:17\)](#)
- [SparkPeople 28-Day Bootcamp: Total-Body Workout, Part 2 \(11:40\)](#)
- [SparkPeople 28-Day Bootcamp: Total-Body Workout, Part 3 \(09:36\)](#)
- [SparkPeople 28-Day Bootcamp: Cooldown \(04:49\)](#)

Maximum points 70 for this TNT challenge.

