



**Week 9 TNT - March 7 - 13**

Give yourself 30 points for completing the exercises listed.

[Hammer Curls](#) - 2 sets of 15

[Wrist Curls](#) - 2 sets of 15

[Tricep Kick Backs](#) - 2 sets of 15

[Boxer](#) - 2 sets of 15

[One Arm Side Push Ups](#) - 2 sets of 15

[Lateral Raises](#) - 2 sets of 15

[Dumbbell Shrugs](#) - 2 sets of 15

[Seated Knee Lifts](#) - 1 set of 15 each side

[Crunches with a Twist](#) - 1 set of 15 each side

**OR-** Give yourself 15 points for each video completed. (Total 30 points for both)

[9-Minute Arm Workout with Dumbbells](#)

**AND**

[9-Minute Lower Body Sculpt](#)

Maximum points 60 for this TNT challenge.

