

## WEEK 4 - TNT - RAINBOW



### TNT Rainbow



Here's how it works: Each level has certain tasks assigned to it and has points waiting as a reward! Finish one level to get to the next and work your way through the rainbow! (ie: you must finish red before moving on to orange, etc.) You can do it all in one day or spread it out through the two days, It's up to you. Just make it happen!

**RED LEVEL:** 5 pushups, 5 crunches, 5 squats - 10 points

**ORANGE LEVEL:** 5 pushups, 5 crunches, 5 squats, 5 (each side) wood chops w/ or w/o weights (example here: <http://www.sparkpeople.com/resource/exercises.asp?exercise=466>) - 20 points

**YELLOW LEVEL:** 5 pushups, 5 crunches, 5 squats, 5 (each side) wood chops , 30 second plank (example here: <http://www.sparkpeople.com/resource/exercises.asp?exercise=141>) - 30 points

**GREEN LEVEL:** 5 pushups, 5 crunches, 5 squats, 5 (each side) wood chops , 30 second plank, 5 (each side) alternating bicep curls (example here: <http://www.sparkpeople.com/resource/exercises.asp?exercise=69>) - 40 points

**BLUE LEVEL:** 5 pushups, 5 crunches, 5 squats, 5 (each side) wood chops , 30 second plank, 5 (each side) alternating bicep curls, 5 calf raises on step (use a stair or sidewalk or whatever is convenient) (example here: <http://www.sparkpeople.com/resource/exercises.asp?exercise=132>) - 50 points

**PURPLE LEVEL:** 5 pushups, 5 crunches, 5 squats, 5 (each side) wood chops , 30 second plank, 5 (each side) alternating bicep curls, 5 calf raises on step, 5 back extensions (example here: <http://www.sparkpeople.com/resource/exercises.asp?exercise=147%20>) - 60 points

**BONUS LEVEL:** Repeat purple level and finish with 5 minutes of stretching to give some love to those muscles you just worked - 100 points

Complete all 7 levels and you will have earned 310 points!

(If you finish the entire thing you will have completed 35 pushups, 35 crunches, 35 squats, 60 wood chops (30 each side), 5 30-second planks, 40 alternating bicep curls (20 each side), 15 calf raises on step, 10 back extensions, plus had a good stretch!)

(NOTE: Feel free to modify or use a substitute for each exercise, as needed, to match your fitness level, or allow for an injury. If substituting, please use an exercise from the same category. Small cans of food may be used in place of dumbbells, if desired.)