



## Week 10 TNT - March 14 - 20

Give yourself 30 points for completing the full set of 9 exercises listed.

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

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

[Fire Hydrant](#) - 1 set of 15 each leg

[Lying Adduction](#) (or standing) - 2 sets of 15 each leg

[Lying Abduction](#) (or standing) - 2 sets of 15 each leg

[Genie Sit](#) - 2 sets of 15

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

[Banana](#) - 1 set of 15

[Swimming](#) - 1 set of 15

OR: 15 points for completing each of these videos (Total 30 points for both)

### [Cardio Kick](#)

OR:

### [10-Minute Victoria's Secret Model Workout: Fat-Blasting Circuit](#)

Maximum points 60 for this TNT challenge

