

3-WEEK 6 PACK PROGRAM

www.ToneN10.com

Week 1



MONDAY

30 SEC PLANK
30 SEC SIDE PLANK [R/L]
30 BICYCLE TWISTS
30 WINDSHIELD WIPERS

WRITE 1 AFFIRMATION &
POST IT ON YOUR MIRROR

TAKE YOUR BEFORE
PHOTOS

TUESDAY

30 BICYCLE TWISTS
30 CRUNCHES
30 SEC PLANK
30 WINDSHIELD WIPERS

WRITE 1 SPECIFIC GOAL &
POST IT ON YOUR MIRROR
PUT MEALS IN WRITING FOR
THE REST OF THE WEEK

WEDNESDAY

45 SEC PLANK
45 SEC SIDE PLANK [R/L]
45 BICYCLE TWISTS
45 WINDSHIELD WIPERS

WRITE 1 THING ABOUT
YOURSELF YOU LOVE &
KEEP IT IN YOUR TONE
JOURNAL

THURSDAY

45 BICYCLE TWISTS
45 CRUNCHES
45 BICYCLE TWISTS
45 CRUNCHES

WRITE YOUR FAVORITE
BIBLE VERSE ON A STICKY
NOTE AND KEEP IN YOUR
WALLET

FRIDAY

45 MOUNTAIN CLIMBERS
45 CRUNCHES
45 LEG EXTENSIONS
45 CRUNCHES

CHOOSE A NEW RECIPE IN
THE
TONE KITCHEN TO TRY

SATURDAY

30 SWIMMERS
30 LEG EXTENSIONS
45 MOUNTAIN CLIMBERS
45 SECOND PLANK
45 CRUNCHES

MEAL PREP FOR WEEK 2:
START LOGGING YOUR
MACROS

[FOR HELP REACH OUT TO A
TONE PUSH COACH]

3-WEEK 6 PACK PROGRAM

www.ToneN10.com

Week 2



MONDAY

30 FULL SIT UPS
30 PLANK
30 BICYCLE TWISTS
30 WINDSHIELD WIPERS
30 LEG RAISES
REVIEW YOUR AFFIRMATION
YOU TAPED ON YOUR VANIT
MIRROR
TAKE A PROGRESS PHOTO
REPORT HOW YOU FEEL TO
TONE-BABES GROUP

TUESDAY

30 BICYCLE TWISTS
30 CRUNCHES
30 SEC PLANK
30 WINDSHIELD WIPERS
30 MORE CRUNCHES

REVIEW YOUR SPECIFIC
GOAL ON YOUR MIRROR
PUT MEALS IN WRITING FOR
THE REST OF THE WEEK

WEDNESDAY

45 SEC PLANK
45 LEG RAISES
40 RUSSIAN TWISTS
45 BICYCLE TWISTS
45 WINDSHIELD WIPERS

WRITE HOW YOU ARE
FEELING & KEEP IT IN
YOUR TONE JOURNAL

THURSDAY

45 BICYCLE TWISTS
45 CRUNCHES
45 BICYCLE TWISTS
45 CRUNCHES
45 LEG RAISES
30 MORE CRUCHES

FRIDAY

45 MOUNTAIN CLIMBERS
45 CRUNCHES
45 LEG EXTENSIONS
45 CRUNCHES
30 FULL SIT UPS

CHOOSE A NEW HEALTHY
RECIPE IN THE
TONE KITCHEN TO TRY

SATURDAY

45 SWIMMERS
45 LEG EXTENSIONS
45 MOUNTAIN CLIMBERS
45 SECOND PLANK
45 CRUNCHES
45 LEG RAISES

MEAL PREP FOR WEEK 3:
REACH OUT IF YOU NEED A
PUSH COACH

3-WEEK 6 PACK PROGRAM

www.ToneN10.com

Week 3



MONDAY

60 SEC PLANK
45 SEC SIDE PLANK [R/L]
60 BICYCLE TWISTS
60 WINDSHIELD WIPERS

TAKE AN UPDATED PHOTO
OF ABS

TUESDAY

60 BICYCLE TWISTS
60 CRUNCHES
60 SEC PLANK
60 WINDSHIELD WIPERS

RE-WRITE YOUR ORIGINAL
GOAL & POST IT ON YOUR
MIRROR
PUT MEALS IN WRITING FOR
THE REST OF THE WEEK

WEDNESDAY

60 SEC PLANK
50 SEC SIDE PLANK [R/L]
60 BICYCLE TWISTS
60 WINDSHIELD WIPERS
60 CRUNCHES

WRITE HOW YOU ARE
FEELING & KEEP IT IN
YOUR TONE JOURNAL
WILL YOU DO A 2ND
ROUND OF 3 WEEK ABS?

THURSDAY

60 BICYCLE TWISTS
60 CRUNCHES
60 BICYCLE TWISTS
60 CRUNCHES

FRIDAY

60 MOUNTAIN CLIMBERS
60 CRUNCHES
60 LEG EXTENSIONS
60 CRUNCHES

CHOOSE A NEW RECIPE IN
THE
TONE KITCHEN TO TRY

SATURDAY

60 SWIMMERS
60 LEG EXTENSIONS
60 MOUNTAIN CLIMBERS
60 SECOND PLANK
100 CRUNCHES

START LOGGING YOUR
MACROS IF YOU WANT TO
START AN EFFECTIVE NEW
NUTRITION PLAN

[FOR HELP REACH OUT TO A
TONE PUSH COACH]