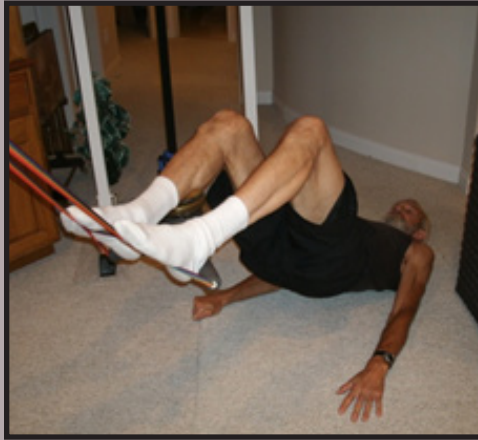


T.B.S. (TOTAL BODY SYSTEM)

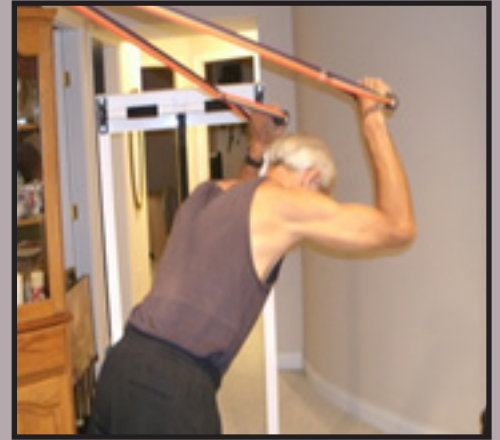
WORKOUT TIME – 20 MINUTES by Pastor Jim Weir



1) Two legged squat
2 sets of 12 repetitions.



4) Hamstring Curls
2 sets of 12 repetitions (Advanced:
Hold the 12th. rep. to the count of 10)



7) Triceps Press
2 sets of 12 repetitions.



2) Opt. Single Leg Squat
2 sets of 12 repetitions. (Optional -
More Advanced)



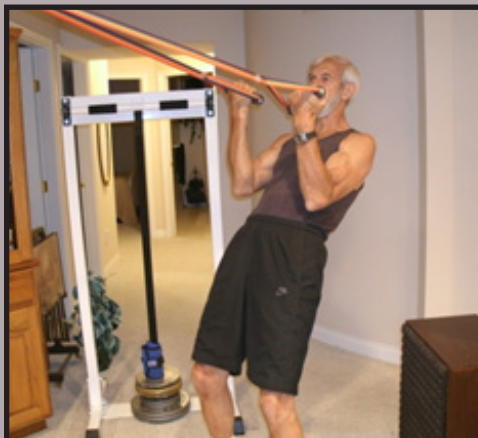
5) "Y" Shoulder Raise
2 sets of 12 repetitions.



8) Push-ups
2 sets of 12 repetitions.



3) Single Knee Balance Lunge
2 sets of 12 repetitions on one leg
touching knee to the ground.



6) Bicep Curl
2 sets of 12 repetitions.



9) Suspended Stomach Crunch
2 sets of 12 reps (optional – hold the
12th. rep to the count of 10.)