

This TRI is meant to challenge you and you must put 100% effort in. The more effort you put in the quicker you will see results. The aim is to always try and beat your previous time. Expected times can range anywhere up to 15 mins (but usually around 5 mins). Set your timer and complete Exercise 1 followed immediately by Exercise 2, then Exercise 3. Repeat this for 3 rounds. For exercises that are using one leg or arm, each side counts as one rep.

**TRI #34**

Always warm up, cool down and stretch before and after doing a MyFitZone workout

**1. All Fours Arm Rotation Dips x 10**

**2. Side Seated Twists x 10**

**3. Back Extension Knees Raises x 10**



Print this out and use the form below to record your times - make sure you include in the notes any variations to the exercises that you had to do to make it easier, or if you couldn't quite manage to get through the 3 rounds with no rest. We would love to hear your times on our Facebook page.

Workout	Time	Notes

**Information Zone:-**

1. TRI improves your strength, power, mobility, endurance and flexibility - a full body fat burning session
2. Always take your time! You will reach a time that you will not be able to improve upon without sacrificing your form - so try a harder variation!
3. Don't forget you can contact us through our website, Facebook or email if you have any questions
4. Put 100% into every workout. This workout will get your heart rate up to where you need it to be to get body changing results
5. Always consult your doctor before beginning any new exercise program
6. Don't forget to warm up, cool down and stretch with every MyFitZone workout

**Check out our website for more workouts at [www.myfitzone.co.uk](http://www.myfitzone.co.uk)**