



square one

1

**Strength & Tone
Program**



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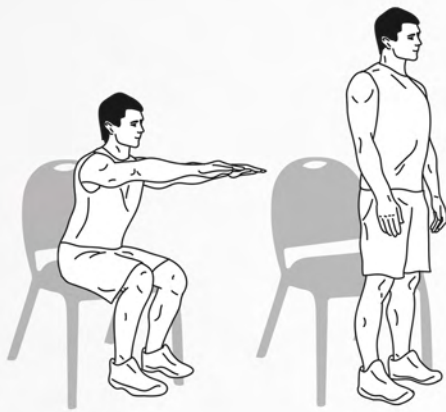
Day 1

Level I 3 sets

Level II 5 sets

Level III 7 sets

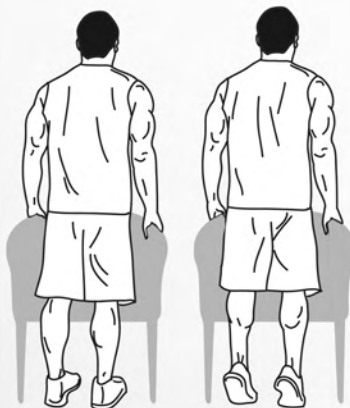
2 minutes rest between sets



5 sit to stand



10 side leg raises



5 calf raises



5 hip rotations



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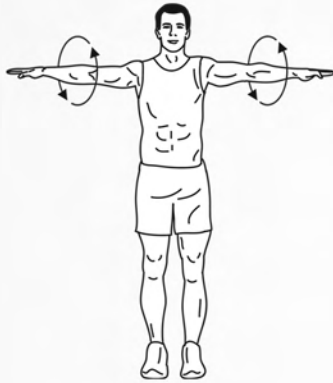
Day 2

Level I 3 sets

Level II 5 sets

Level III 7 sets

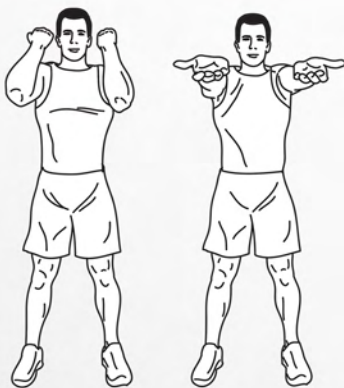
2 minutes rest
between sets



10 arm circles



10-count hold



10 bicep extensions



10-count hold



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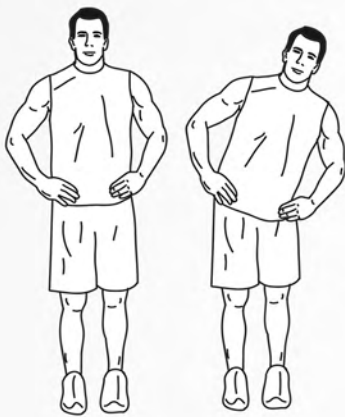
Day 3

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



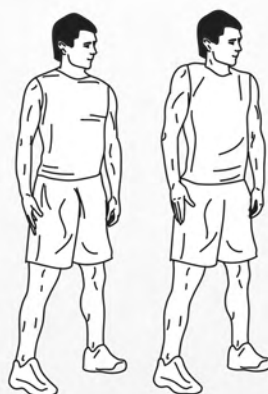
10 side bends



10 twists



10 knee raises



5 shoulder shrugs



10-count stretch



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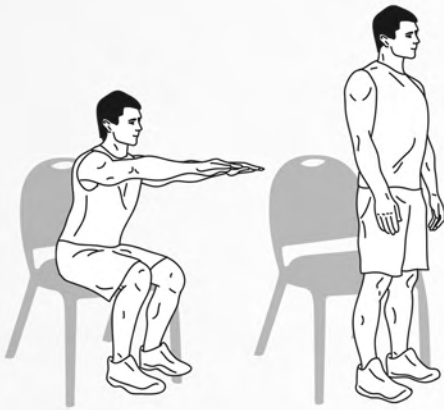
Day 4

Level I 3 sets

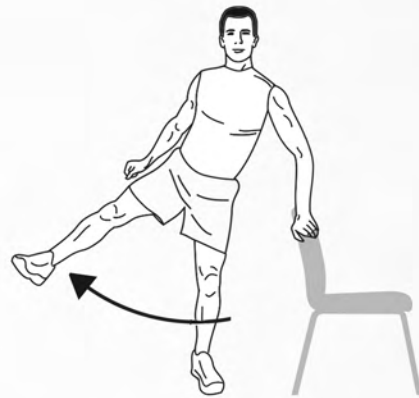
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



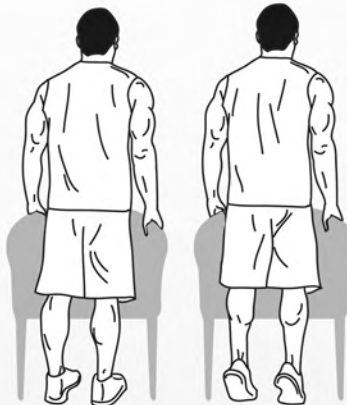
6 sit to stand



12 side leg raises



12-count balance hold



6 calf raises



6 hip rotations



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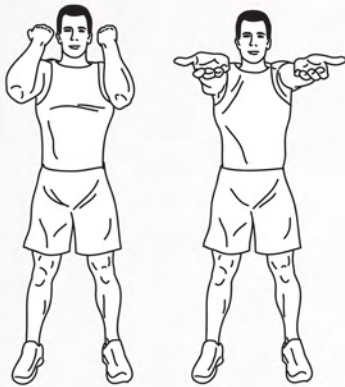
Day 5

Level I 3 sets

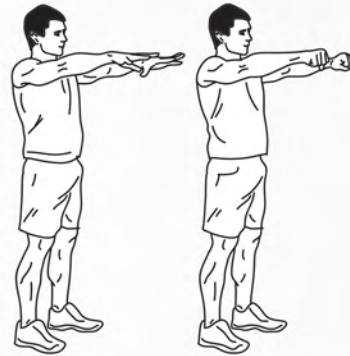
Level II 5 sets

Level III 7 sets

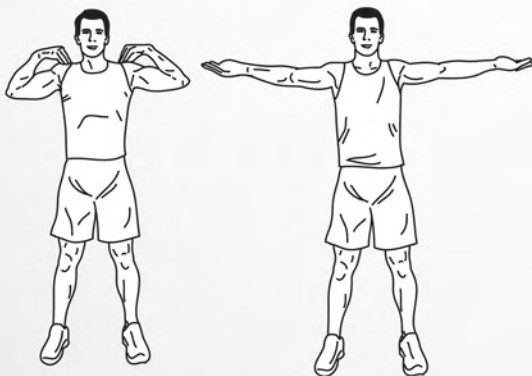
2 minutes rest
between sets



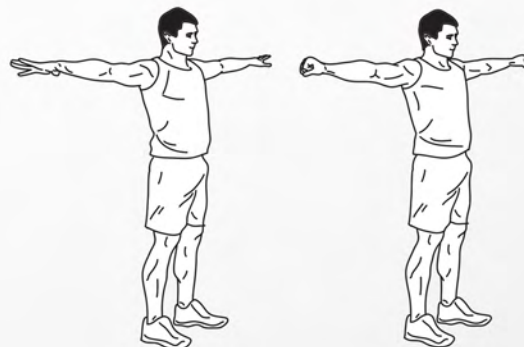
12 bicep extensions



12 clench / unclench



12 side shoulder taps



12 clench / unclench



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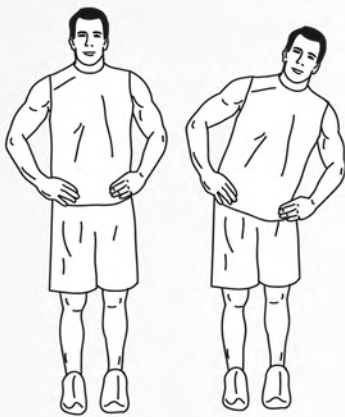
Day 6

Level I 3 sets

Level II 4 sets

Level III 5 sets

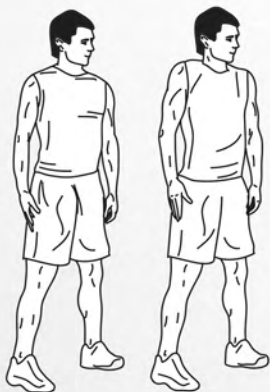
2 minutes rest between sets



12 side bends



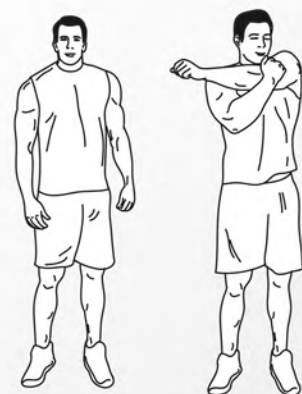
12 twists



6 shoulder shrugs



6 stretches #1



6 stretches #2



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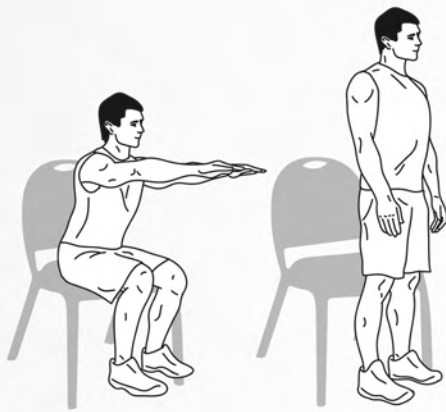
Day 7

Level I 3 sets

Level II 5 sets

Level III 7 sets

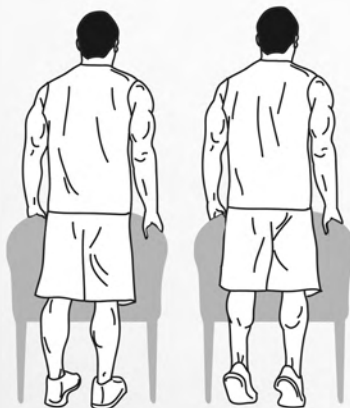
2 minutes rest between sets



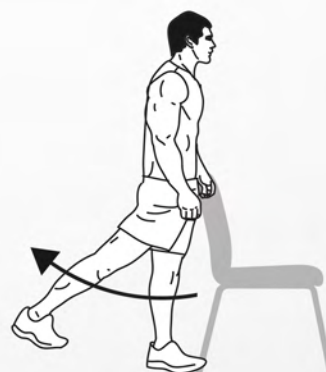
6 sit to stand



12 side leg raises



6 calf raises



12 back leg raises



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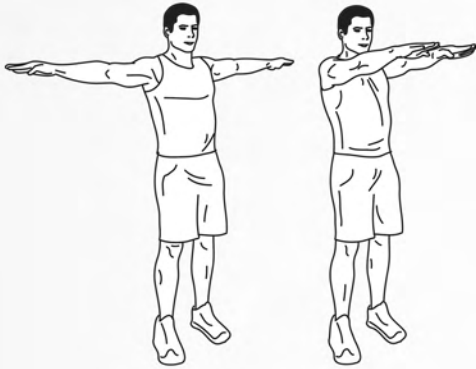
Day 8

Level I 3 sets

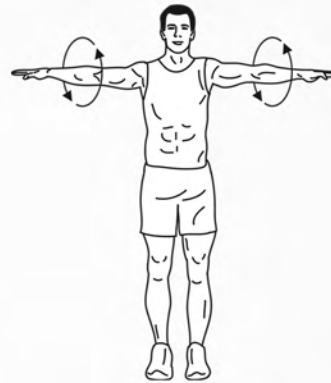
Level II 5 sets

Level III 7 sets

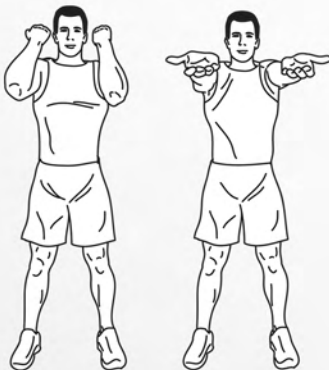
2 minutes rest
between sets



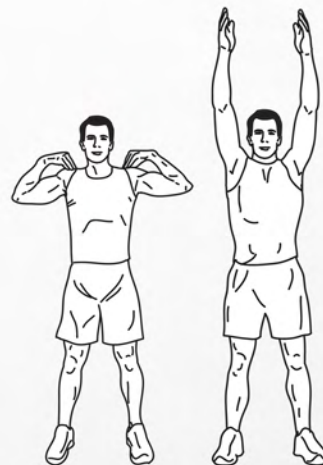
12 arm extensions



12 arm circles



12 bicep extensions



12 shoulder taps



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Day 9

Level I 3 sets

Level II 4 sets

Level III 5 sets

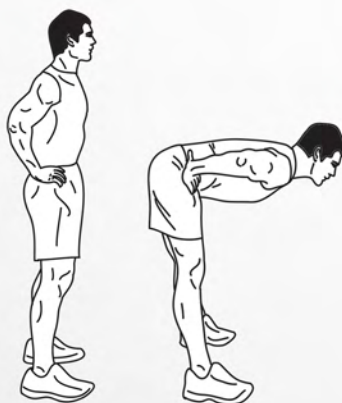
2 minutes rest between sets



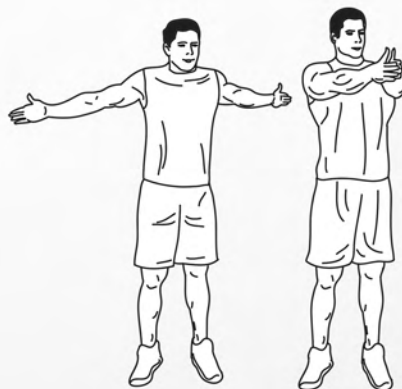
12 knee raises



6-count balance hold



6 forward bends



12 chest expansions



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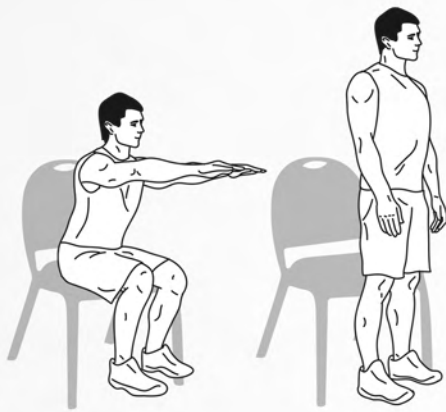
Day 10

Level I 3 sets

Level II 5 sets

Level III 7 sets

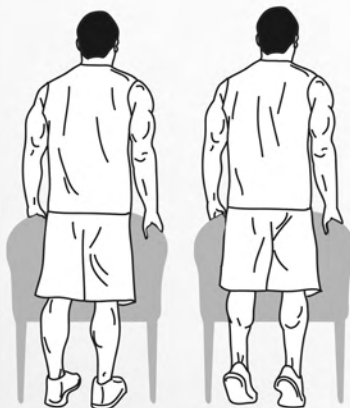
2 minutes rest between sets



6 sit to stand



12 side leg raises



6 calf raises



6-count calf raise hold



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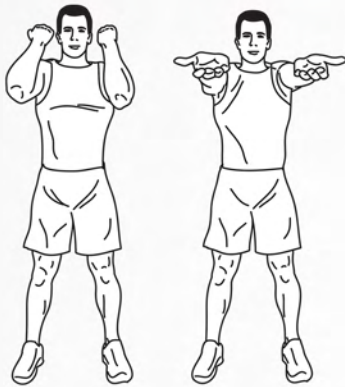
Day 11

Level I 3 sets

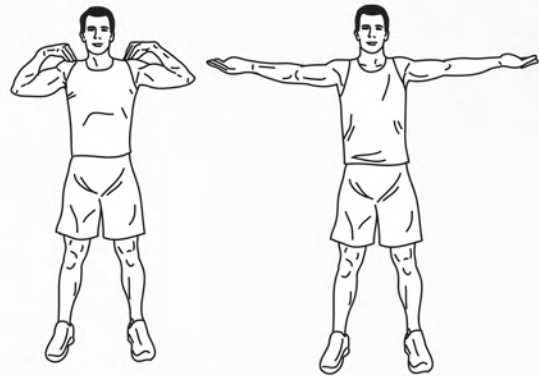
Level II 5 sets

Level III 7 sets

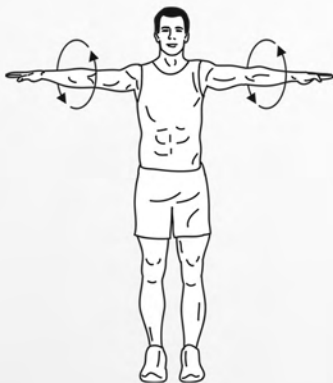
2 minutes rest
between sets



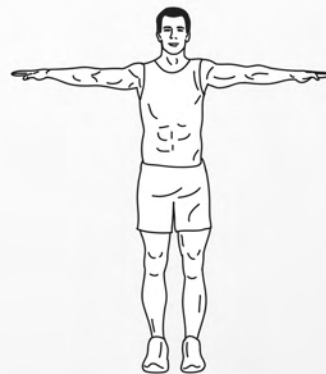
12 bicep extensions



12 side shoulder taps



12 arm circles



12-count hold



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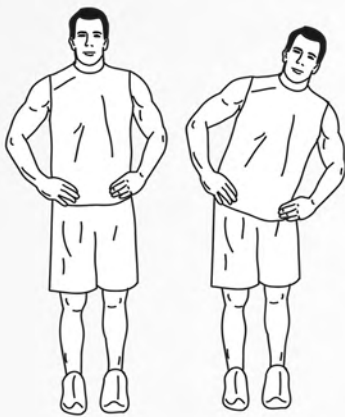
Day 12

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



12 side bends



12 twists



6 single hip rotations



6 stretches



6-count stretch



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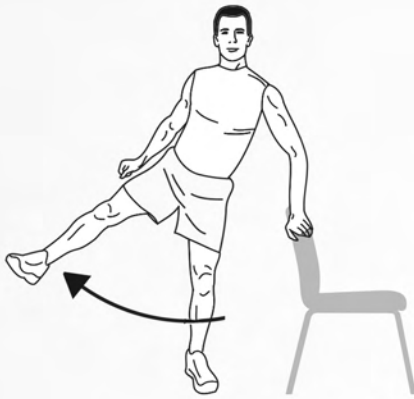
Day 13

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



12 side leg raises



12-count hold



12 back leg raises



12-count hold



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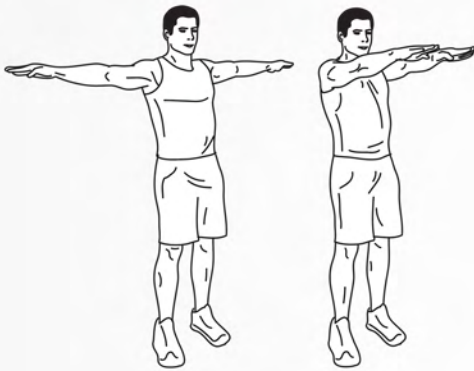
Day 14

Level I 3 sets

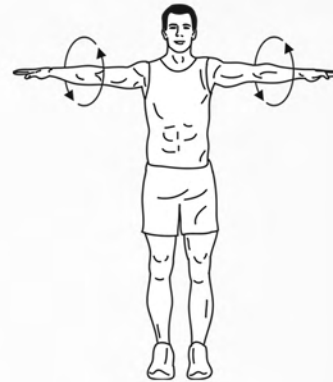
Level II 5 sets

Level III 7 sets

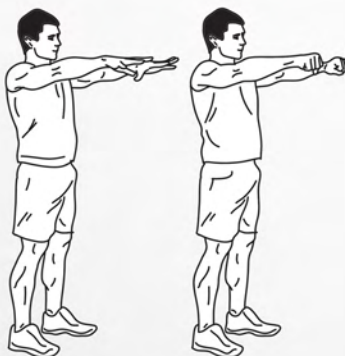
2 minutes rest
between sets



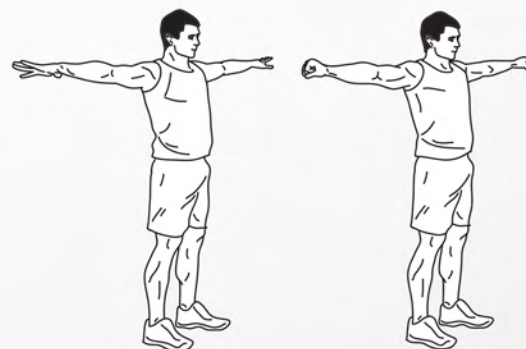
12 arm extensions



12 arm circles



12 clench / unclench



12 clench / unclench



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Day 15

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



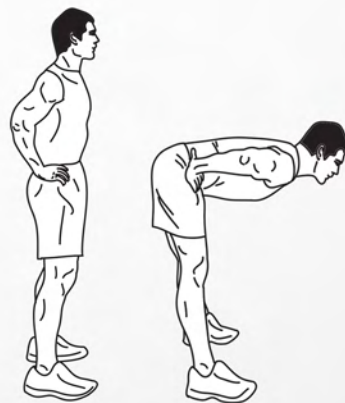
12 knee raises



6-count balance hold



12-count stretch



6 forward bends



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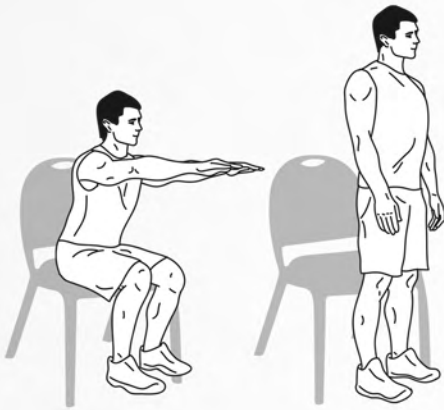
Day 16

Level I 3 sets

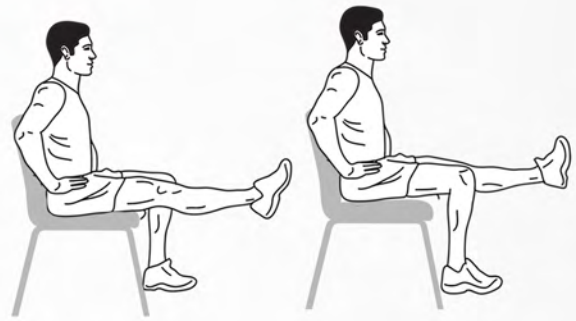
Level II 5 sets

Level III 7 sets

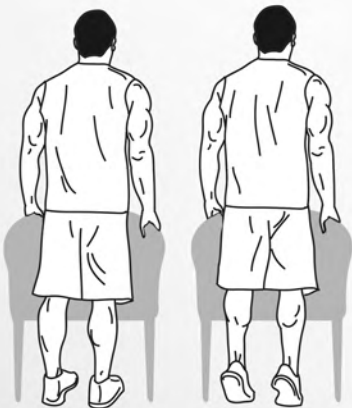
2 minutes rest between sets



6 sit to stand



12 leg raises



6 calf raises



12-count balance hold



6 hip rotations



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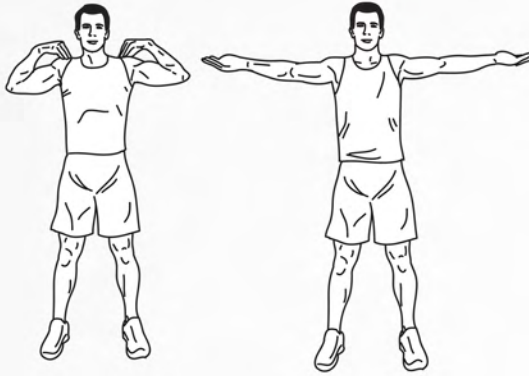
Day 17

Level I 3 sets

Level II 5 sets

Level III 7 sets

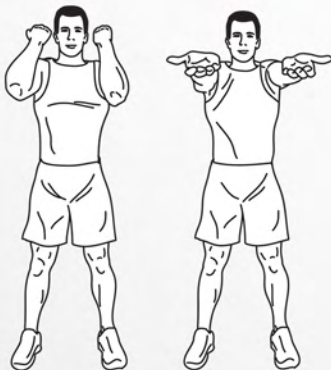
2 minutes rest
between sets



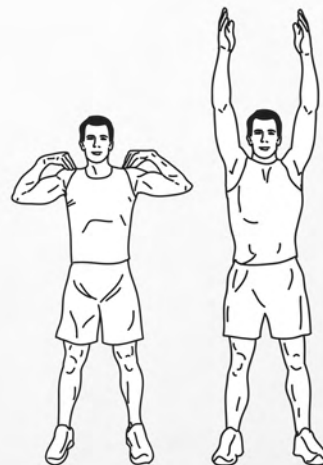
12 side shoulder taps



12-count hold



12 bicep extensions



12 shoulder taps



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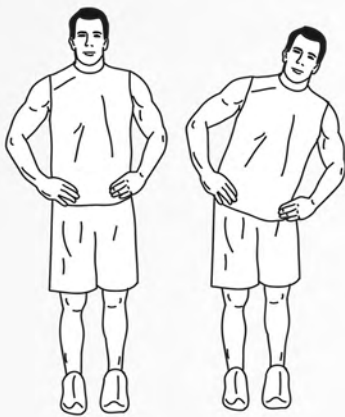
Day 18

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



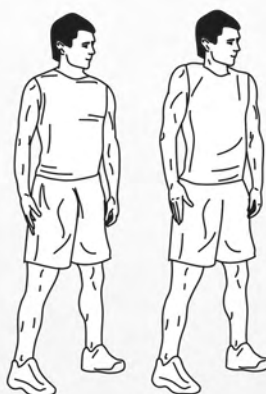
12 side bends



12 twists



6 single hip rotations



6 shoulder shrugs



6 stretches



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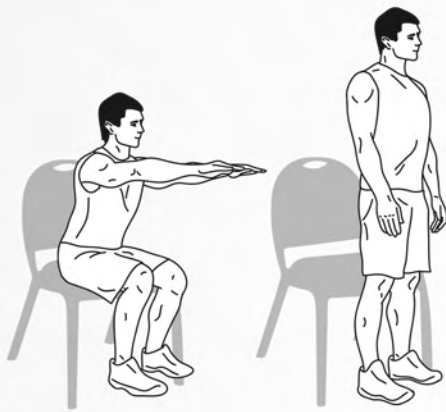
Day 19

Level I 3 sets

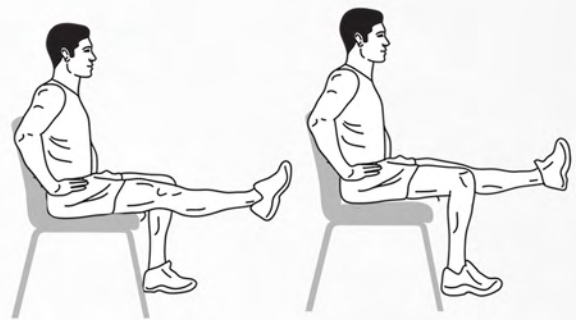
Level II 5 sets

Level III 7 sets

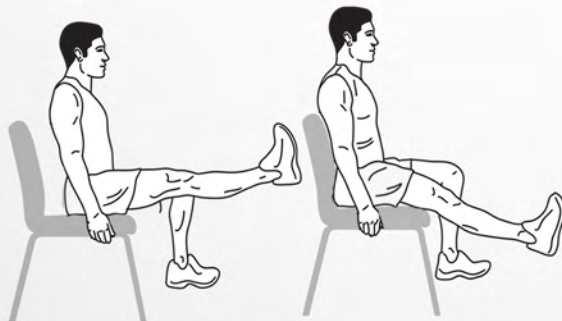
2 minutes rest between sets



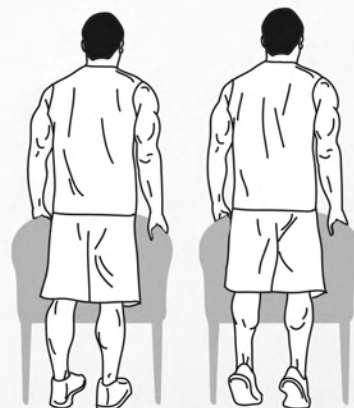
6 sit to stand



12 leg raises



12 raised leg swings



6 calf raises



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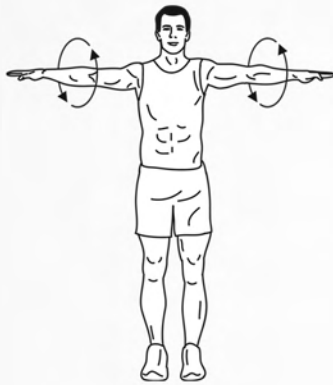
Day 20

Level I 3 sets

Level II 5 sets

Level III 7 sets

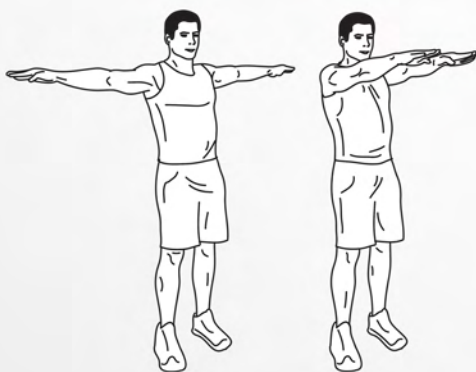
2 minutes rest
between sets



14 arm circles



14-count hold



14 arm extensions



14-count hold



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Day 21

Level I 3 sets

Level II 4 sets

Level III 5 sets

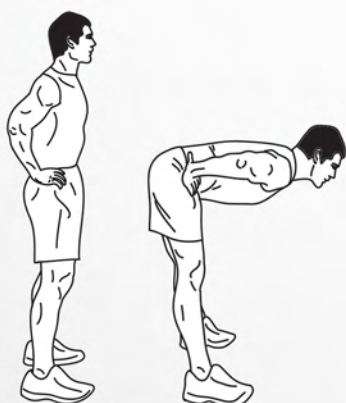
2 minutes rest between sets



14 knee raises



7-count balance hold



7 forward bends



7-count stretch



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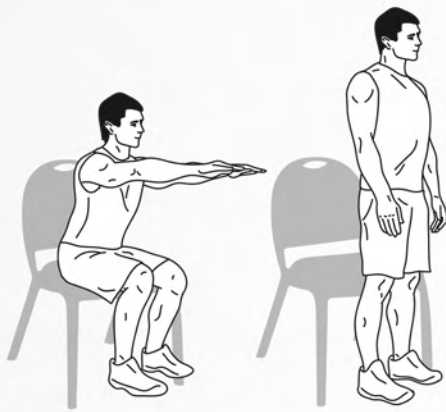
Day 22

Level I 3 sets

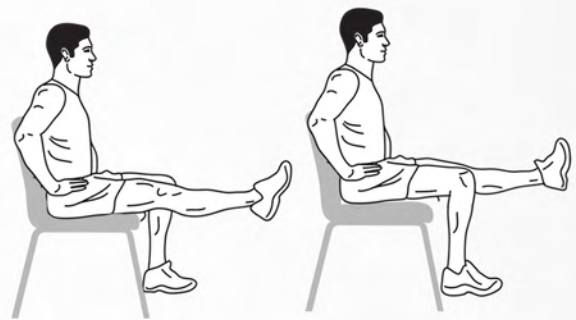
Level II 5 sets

Level III 7 sets

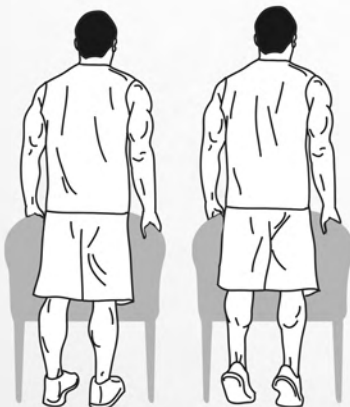
2 minutes rest between sets



7 sit to stand



14 leg raises



7 calf raises



14 side leg raises



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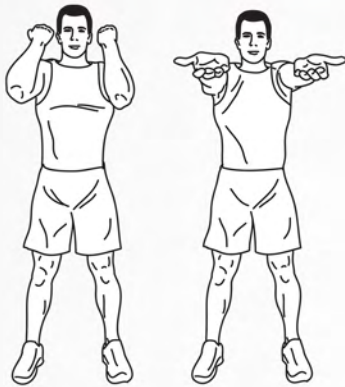
Day 23

Level I 3 sets

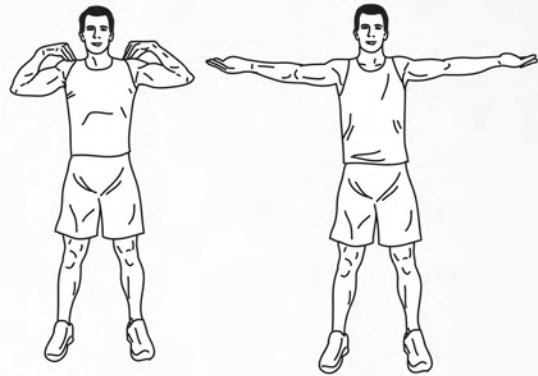
Level II 5 sets

Level III 7 sets

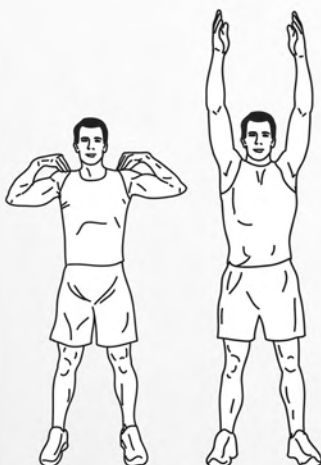
2 minutes rest
between sets



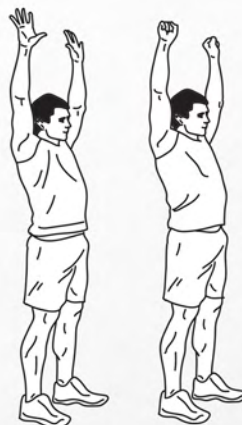
14 bicep extensions



14 side shoulder taps



14 shoulder taps



14 clench / unclench



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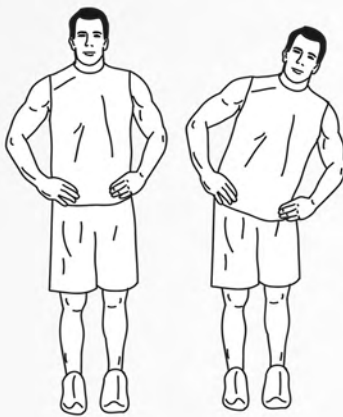
Day 24

Level I 3 sets

Level II 4 sets

Level III 5 sets

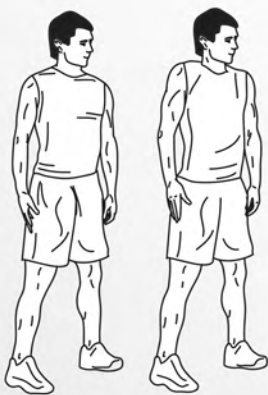
2 minutes rest between sets



14 side bends



14 twists



7 shoulder shrugs



7 stretches



7-count stretch



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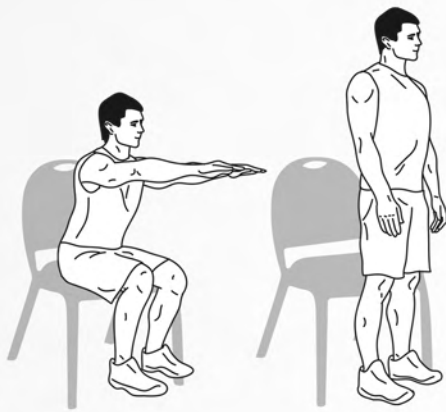
Day 25

Level I 3 sets

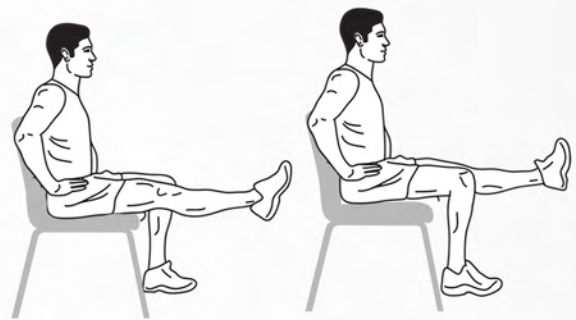
Level II 5 sets

Level III 7 sets

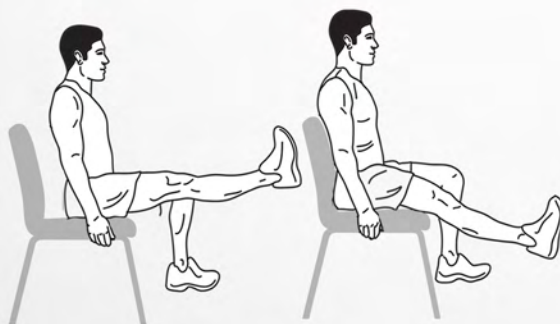
2 minutes rest between sets



7 sit to stand



14 leg raises



14 raised leg swings



14-count hamstring stretch



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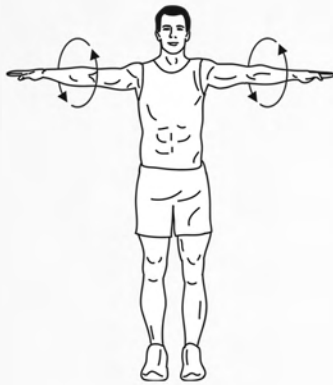
Day 26

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest
between sets



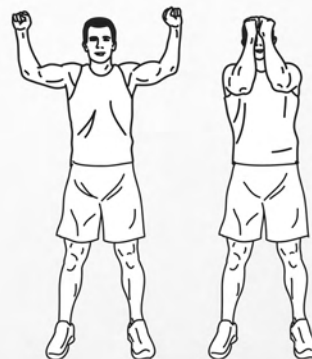
14 arm circles



14-count hold



14 W-extensions



14 elbow clicks



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Day 27

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



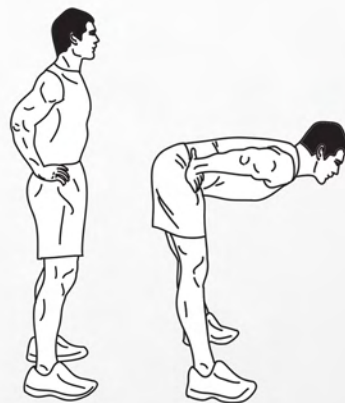
16 knee raises



16-count stretch



8 hip rotations



8 forward bends



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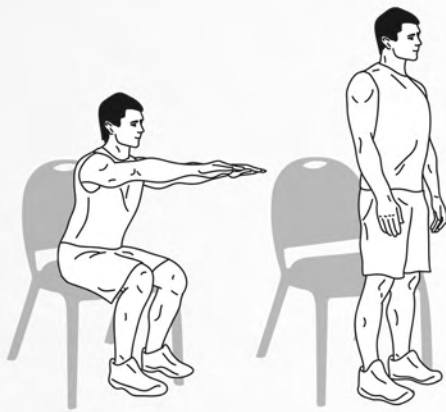
Day 28

Level I 3 sets

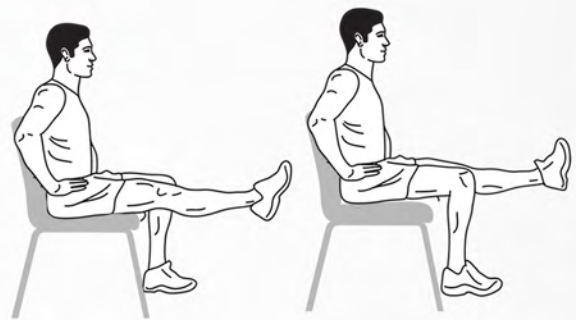
Level II 5 sets

Level III 7 sets

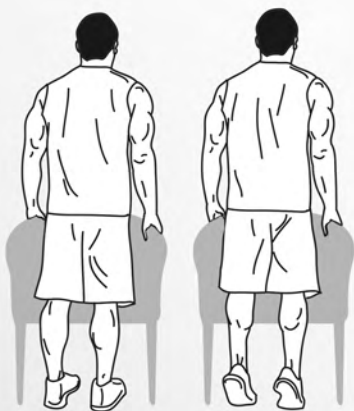
2 minutes rest between sets



8 sit to stand



16 leg raises



8 calf raises



16 side leg raises



16 back leg raises



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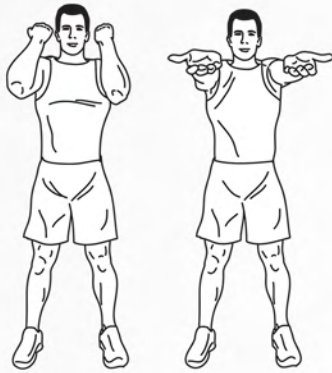
Day 29

Level I 3 sets

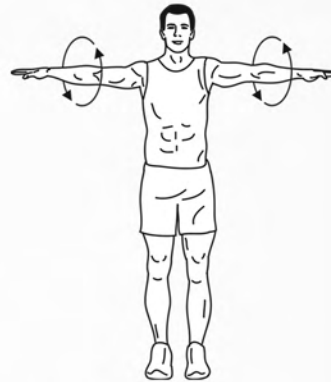
Level II 5 sets

Level III 7 sets

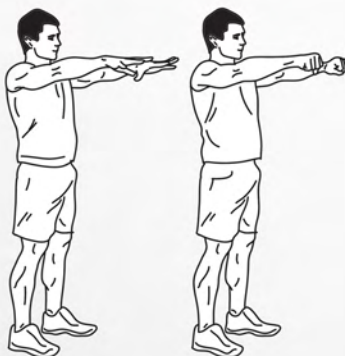
2 minutes rest
between sets



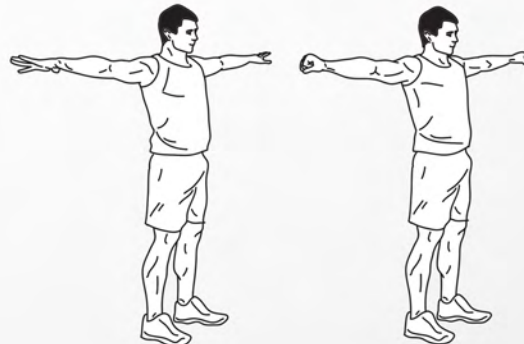
16 bicep extensions



16 arm circles



16 clench / unclench



16 clench / unclench



darebee.com

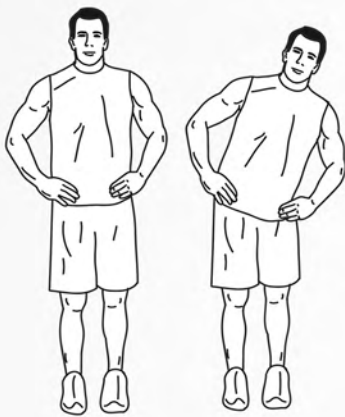
Day 30

Level I 3 sets

Level II 4 sets

Level III 5 sets

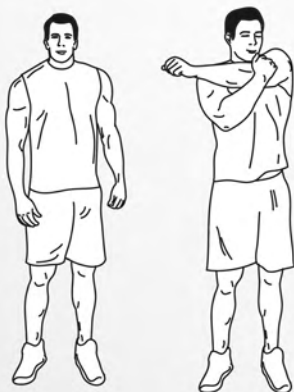
2 minutes rest between sets



16 side bends



16 twists



8 stretches #1



8 stretches #2



8-count balance hold

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