

Toning Schedule

Abdominal Muscles	Gluteus / Hamstring Muscles
Adductor Muscles	Arms / Chest Muscles
Calve Muscles	Back / Scapula Muscles
Student Choice / Surprise	Flexibility
Abdominal Muscles	Stabilizers (Plank / Bridge / Balance)
Adductor Muscles	Gluteus / Hamstring Muscles
Calve Muscles	Arms / Chest Muscles
Student Choice / Surprise	Back / Scapula Muscles
Abdominal Muscles	Flexibility
Adductor Muscles	Stabilizers (Plank / Bridge / Balance)
Calve Muscles	Gluteus / Hamstring Muscles
Student Choice / Surprise	Arms / Chest Muscles
Abdominal Muscles	Back / Scapula Muscles
Adductor Muscles	Flexibility
Calve Muscles	Stabilizers (Plank / Bridge / Balance)
Student Choice / Surprise	Gluteus / Hamstring Muscles
Abdominal Muscles	Arms / Chest Muscles
Adductor Muscles	Back / Scapula Muscles
Calve Muscles	Flexibility
Student Choice / Surprise	Stabilizers (Plank / Bridge / Balance)
And repeat from the top...	

Here is an example of how you can structure your Toning section of your Latinix™ classes.

You are more than welcome to make your own schedule, but always be sure to cover ALL the different muscle groups during the course of **a week**, or **a month**, depending on how many classes you teach.

For Example: If you give more than 4 classes per week, you can start your Monday with Abdominal + Gluteus / Hamstring Muscles. Tuesday you do Adductor + Arms / Chest Muscles, and so on.

If you give less than 4 classes per week, you can stick to Calve + Back / Scapula Muscles the entire week, and only carry on to Student Choice / Surprise + Flexibility the very next week.

We recommend that you focus on two major muscle groups for your toning section with each Latinix™ class, if you have the time to do so. The two muscle groups should be totally different from one another, for example, one can be in your upper body (abdominals) and the second can be in your lower body (gluteus/hamstrings) - just to make sure you do not overwork certain areas of your body.