



**Denise Austin's**



# Head-To-Toe Toning Guide

[DeniseAustin.com](http://DeniseAustin.com)

# Head-To-Toe Toning Guide



Hi Everyone! The best way to prevent drooping and sagging as we get older is through toning exercises!! That is why I created my [Stop The Clock Fitness Plan](#) - a downloadable, printable guide filled with target toning exercises to help you look and feel your best!

Simple yet effective target toning exercises are important, as they can help to:



1. **Minimize the appearance of cellulite.** By really working on specific areas like the back and front of the legs, you build up muscle, which can help to minimize cellulite.
2. **Lift and firm areas that tend to droop, such as the chest and arms.** Toning these specific areas can really make a difference!
3. **Increase your muscle mass.** This is so important as we get older, and target toning workouts use strength training and resistance to help you keep or increase your muscle mass.
4. **Promote a healthy weight.** Since muscle burns more calories than fat, toning is the way to go!

My Head-To-Toe Toning Guide has six specific moves for you to incorporate into your workout routine, for a firmer, leaner, healthy body! Work these moves into your lifestyle and you WILL see - and feel! - a difference!! You are worth it!

*Denise Austin*

FOR MORE TONING WORKOUTS, GET MY [STOP THE CLOCK FITNESS PLAN](#)! THIS DOWNLOADABLE, PRINTABLE GUIDE HAS EVERYTHING YOU NEED TO GET TONED AND FIT - HEAD TO TOE!!



## How to Perform Toning Exercises

In these Toning moves, you'll be doing one to two sets of each exercise, depending on your fitness level. As you focus on the muscles that you're targeting, try to relax the rest of your body, including your face, neck and shoulders. If you're holding tension in other areas, your target muscles won't get as much benefit as they should.

## Tips for Toning Success

USE PROPER FORM - DON'T GET SLOPPY!

MOVE YOUR MUSCLES THROUGH A FULL RANGE OF MOTION.

SQUEEZE YOUR TARGET MUSCLE AS YOU DO EACH MOVE.

FOCUS YOUR THOUGHTS ON THE MUSCLE YOU'RE WORKING, YOU'LL GET BETTER RESULTS.

IF YOU CAN DO ALL THE REPS EASILY, IT'S TIME TO ADD WEIGHT.

STRETCH AFTER EACH EXERCISE OR AT THE END OF YOUR WORKOUT.





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## Upper Body

### SIDE RAISES

Stand with your feet shoulder-width apart, abs tight, back straight and knees slightly bent. Start with your hands at your sides as shown. Inhale as you lift your hands up to just above your shoulders, elbows bent only slightly. Exhale as you lower your hands back to your sides. **Do 2 sets of 8 to 12 reps, resting briefly in between.**

**BENEFITS** Firms and tones the sides of your shoulders.





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## Upper Body

### TRICEPS KICKBACK

Hold a dumbbell in your right hand and stand with your left leg in front of your right, left knee slightly bent. For support, rest your left hand on your left thigh or lean on a chair or bench. Keeping your abs tight and your back flat, raise your right elbow until the upper part of your arm is almost parallel with the floor; keep your elbow in close to your body. Straighten your right arm as shown. Be sure to squeeze your triceps (the back of your arm) as you straighten your arm. Return your right hand to the starting position. **Do 8 to 12 reps, then switch sides and repeat. When you're finished, do another set of 8 to 12 reps on each side for a total of 2 sets.**

**BENEFITS** Strengthens the backs of your arms (triceps).





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## Lower Body

### BUN BURNER

On all fours, keep your back straight, hips square and abs tight. Raise your leg up, keeping it bent at a 90 degree angle. Your thigh should be parallel to the floor. Now cross it behind you over the other knee, then back to starting position. **Do 2 sets of 8 to 12 reps, then switch legs.**

**BENEFITS** Firms and tightens the buns (gluteus maximus).





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## Lower Body

### POWER SQUAT

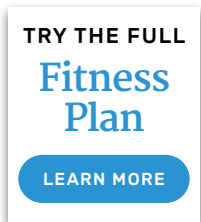
Extend your arms and stand with your feet a little wider than hip-width apart, arms outstretched, parallel to the floor. Bend your knees and slowly “sit back” to lower your buttocks toward the floor, keeping your body weight over your heels. Your thighs should be as close to parallel to the floor as possible. Squeeze your buttocks as you straighten your legs to return to the starting position. If you have a history of knee problems, begin with a partial squat, one quarter of the way down. **Do 2 sets of 8 to 12 reps, resting briefly between sets.**

**BENEFITS** Strengthens and tones your buttocks (gluteals) and thighs.





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## Abs And Back

### TOTAL TUMMY TIGHTENER

Lying on your back, elevate your feet and place your hands behind your head. Lift your head and shoulders off the floor and at the same time “pulse” your hips up off the floor to also work the lower end of your abs. **“Pulse” for 15-20 reps.** Make sure the small of your back stays down against the floor.

**BENEFITS** Strengthens and firms the entire stomach area (rectus abdominis).





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## Abs And Back

### BICYCLES

Lie on your back with your left leg straight up in the air and your right knee bent in toward your chest. Press your back firmly into the floor; there should be no arch in it at all. Rest your head in your hands, but keep your neck and shoulders relaxed. Exhale as you pull your right knee in toward your chest. At the same time, raise your left shoulder to meet your right knee. Straighten out your right leg and return your left shoulder to its normal position. Then draw your left leg in toward your chest to touch your right elbow. Continue to alternate sides, as if you're riding a bicycle. Keep the movement smooth and flowing; try to keep your feet from touching the floor. **Do 2 sets of 8 to 12 reps, resting briefly between sets (one rep equals one twist on each side).**

**BENEFITS** Strengthens and tones your inner and outer obliques (sides of your waist) for a sexy, hourglass figure.



**VARIATION** For a more advanced workout, keep your feet closer to the floor. The lower the legs, the more intense the workout.

# Keep It Going

## Stop the Clock After 40, 50, even 60 with Denise's Workout Plan



Want more exercises to help you stay fit and fab after 40? Then get your full copy of my **Stop The Clock Workout Plan!** This downloadable, printable guide is the next step toward helping women in their 40s, 50s, 60s and beyond get - and stay - healthy and fit!

4-WEEK CARDIO WALKING PLAN • 32 STRENGTH TRAINING EXERCISES • 24 FLEXIBILITY AND BALANCE POSES AND EXERCISES • 25+ BONUS "ANTI-GRAVITY" EXERCISES • PROGRESS TRACKING LOG • WOMEN'S HEALTH INSIGHTS • MOTIVATIONS FOR A POSITIVE ATTITUDE

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## Disclaimer

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