

TrimToneTighten Workouts®

ABS

Complete all 3 exercises in a row without resting between each set. After all 3 exercises, rest 1 min. Repeat 2x.

Reverse Crunch - Complete as many reps as you can to failure. Move right to exercise #2

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				—
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TrimToneTighten Tip



Do not let your lower back round or over arch during your crunches. Keep your core engaged tight the whole set.

How To: Lying on your back, place both hands on the side of your head. Raise 1 leg 4 inches off the ground and bend the other into your abs at a right angle. Crunch straight up & then lower yourself slowly without touching your head or shoulders to the floor.

Supermans - Complete 12-15 reps. Move to exercise #3

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				—
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TrimToneTighten Tip



Keep your core engaged and feet, knees, chest, head, & arms off the ground the whole set. Use your glutes to lift up.

How To: Hold a weight with both hands while sitting on your hips. Lean back until your feet are off the ground. Slowly twists the weight across your body using your arms and not your back. Alternate back and forth between your right and left sides.

Band Low-to-High Chops - Complete 15 reps on each side.. Repeat all 3 exercises.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				—
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TrimToneTighten Tip



Maintain a flat back, tight waist, and squeeze your glutes the whole time. Look straight ahead & chop with your arms.

How To: Lie on your back with your legs pulled into your hips. Either place your arms beside your body or crossed over your chest. Push your hips up in the air using your glutes. Squeeze your glutes the whole time and hold in the same position for 60sec.