

TrimToneTighten Workouts®

ABS

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

Hip Thrusts - Complete reps to failure. Move 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



Try not to round your lower back when pushing up. Make sure your feet do not come towards your head.

How To: Lie flat on the floor with both palms facing down beside your hips. Lift both legs directly above your hips. Using your abs push your hips off the floor and towards the ceiling. Slowly lower your hips without them touching the floor to rest. Repeat.

Ball Pike - Complete reps to failure. 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



Be careful not to drop your hips at the end of each rep. Keep your ab muscles in tight and don't lock out your elbows.

How To: Roll over the ball so that you are in a push-up position with just your feet and ankles on the ball. Engage your core muscles and lift your hips up to the ceiling while pulling the ball in. Hold steady and keep your balance. Return to the starting position.

Static Side Plank - Complete a 10 - 30 second static hold 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



Keep your body in a straight line with your ear, shoulder, hips, knees & ankles in alignment. Stop if you feel pain.

How To: Get into a side plank with your right elbow on the floor below your shoulder. Keep both feet stacked on top of each other. Lift your hips off the floor into a side plank. When you feel ready lift your left arm above your shoulder & then lift your left leg up.