

TrimToneTighten Workouts®

ABS

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

Leg Lifts into Hip Thrusts - Complete 12-20 reps. 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



Make sure to not over arch your back on the way down or round your back as your thrust your hips up high.

How To: Lying on either a bench or the floor start with your legs out straight. Hold onto the bench beside your head or keep your hands under your hips for support. Lift your legs above your hips and then thrust your hips towards the ceiling. Ease back down.

Russian Get-Ups - Complete 8-10 reps on each side. 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 do not round out your back or neck. Keep the weight reaching high the whole time!

How To: Lie on your back with both legs out straight on the floor. Hold a weight above your shoulder with a straight arm. Place the opposite arm beside your hips to help you to sit-up. Keep the weight pointed up the whole set. Decelerate back down to floor.

Lying Ball Bridge - Complete a 60 second hold. 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



Do not let your hips twist or turn. Squeeze your glutes up as high as they will go. Keep your core muscles engaged!

How To: Start by lying on your back with both legs outstretched and your heels resting on a stability ball. Slowly lift your hips up in the air to form a diagonal between your heels and shoulders. Squeeze your glutes and use your core to stay stable.