

TrimToneTighten Workouts®

ABS

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

Dynamic Side Plank/Oblique Bridge - Complete 15 reps on each side. 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



Keep your core and oblique muscles engaged the whole time. Do not let your body tip forward or back - stay straight.

How To: Lying on your side, support your body with your right elbow and stack your feet on top of each other. Prop your body up 1 inch with just your forearm and feet touching the floor. Then, lift your hips as high as they can go from the floor. Lower & repeat.

Turkish Half Get-Up - 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 look up at the weight the whole set. Do not round your back or let the weight fall backwards.

How To: Lie on your back & hold a weight in your right arm above your shoulder. Pull your right foot in and keep your left outstretched. Keep your left arm off to the side and use it to help you lift your upper body off the floor sitting up. Lower & repeat.

Plank with 1-Leg Raise - Complete 24-30 reps alternating sides. Repeat all 3 exercises.

Start&Finish



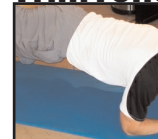
Midpoint



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 sag down toward the ground or lift them too high up in the air. Maintain a tight core & a straight plank.

How To: Prop your body up on your forearms and the balls of your feet while engaging your core. Squeeze your left glute and lift your left leg keeping your knee straight. Slowly lower and repeat on the right side.