

# TrimToneTighten Workouts®

## ABS

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

**Full Body Crunch** - Complete reps to failure. Move to exercise #2

**Start&Finish**



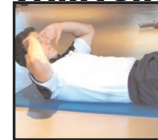
**Midpoint**



**Weights Set 1 Set 2 Set 3 Set 4**

Record your weights to right:				—
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**TrimToneTighten Tip**



Keep your core tight the whole set. Make sure not to pull with your head/neck or round your back at any time.

**How To:** Lying on your back lift your shoulders, head & legs off the ground and keep them up the whole set. Engage your core muscles and crunch up while drawing in your legs. Slowly lower yourself down to the floor without losing tension. Repeat.

**Cobra Back Extensions** - Complete 10-15 reps on each side. Move to exercise #3

**Start&Finish**



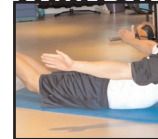
**Midpoint**



**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 focus on squeezing your glutes and shoulder blades as you pull back.

**How To:** Lie on your stomach with your arms and legs outstretched and off the ground the whole set. Using your glutes and back lift your upper and lower body off the floor while pulling your arms back to your hips by squeezing your shoulder blades together.

**Brazilian Crunches** - Complete 24-30 reps alternating sides. Repeat all 3 exercises.

**Start**



**Midpoint**



**Finish**



**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:** Get into a push-up position with your shoulders directly above your wrists. Lift your left leg off the ground and drop that hip under the other as you try to touch the left knee to your right elbow. Return to starting position and alternate sides.