

TrimToneTighten Workouts®

ABS

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

Medicine Ball Russian Twists - Complete 12-20 reps. Move to exercise #2

Start&Finish



Top



Twist



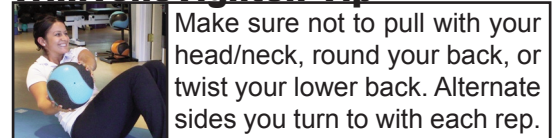
Twist



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				—
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TrimToneTighten Tip



Make sure not to pull with your head/neck, round your back, or twist your lower back. Alternate sides you turn to with each rep.

How To: Lie on your back holding a medicine ball or weight above your chest. Crunch up. Twist your arm and upper back to your right side, then twist back to your left side looking forward the whole time. Return to the middle and then lower yourself slowly.

Toe Taps - Complete reps to failure. Move to exercise #3

Start&Finish



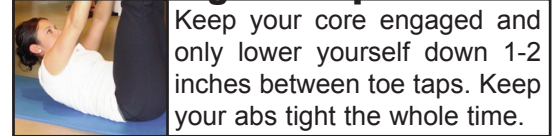
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				—
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TrimToneTighten Tip



Keep your core engaged and only lower yourself down 1-2 inches between toe taps. Keep your abs tight the whole time.

How To: Lie on your back with your legs straight up above your hips. Raise your arms above your chest pointing at your toes. Lift your back off the floor engaging your abs. Next, crunch as high as you can reaching for your toes. Lower 1-2 inches - Repeat.

Glute Bridge - Complete 15 reps on each side. Repeat all 3 exercises.

Start&Finish



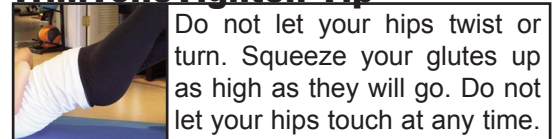
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				—
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TrimToneTighten Tip



Do not let your hips twist or turn. Squeeze your glutes up as high as they will go. Do not let your hips touch at any time.

How To: Start on your back with one leg crossed over the other and your arms either on the floor or across your chest. Push off the floor as high as you can using your glutes. Slowly lower to 1 inch above the floor and repeat 15x, then switch sides.