

TrimToneTighten Workouts®

ABS

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

Band Kneeling Horizontal Chop - Complete 12-15 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



Be careful not to twist your upper body as you chop or turn your neck. Face straight ahead the whole set.

How To: Hold a band with both hands kneeling down on 1 knee. Keep your upper body up straight and make sure there is tension on the band at all times. Quickly chop the band across your chest with your arms. Return slowly to the starting position.

Weighted Ball Crunch - Complete reps 12-20 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 allow yourself to bounce on the way down or let your shoulders & head touch.

How To: Lie on a ball with just your lower back touching. Hold a weight directly above your chest with your arms outstretched. Use your abs to crunch up while still keeping your arms straight. Lower yourself slowly and repeat.

Ball Bridge with Adduction - Complete a 60 second isometric 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



Squeeze your glutes the whole time! Try hard not to let your hips fall or move around.

How To: Sit on a stability ball and then roll out slowly so that your head and shoulders are the only parts touching the ball. Place a small towel or ball between your knees to hold. Keep both feet below your knees and lift your hips up high. Hold for 60 seconds.