

TrimToneTighten Workouts®

ABS

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

Ball Pull-ins - Complete 12-20 repetitions. Move to exercise #2

Start&Finish



Midpoint

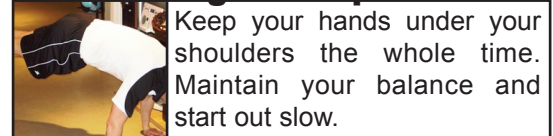


Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:

			—
--	--	--	---

TrimToneTighten Tip



Keep your hands under your shoulders the whole time. Maintain your balance and start out slow.

How To: Lie on top of a ball and then roll out as you walk out your hands. Get in push up position with your feet on top of the ball. Use your core to lift up your hips & pull your knees into your stomach. Keep your balance & slowly straighten your legs back out.

Medicine Ball Oblique Twists with Bounce - Complete 20-30 reps. Move to exercise #3

Start&Finish



Midpoint

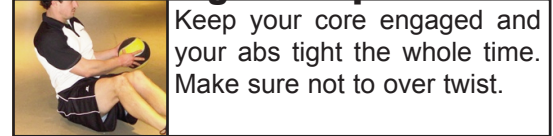


Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:

			—
--	--	--	---

TrimToneTighten Tip



Keep your core engaged and your abs tight the whole time. Make sure not to over twist.

How To: Sit on the floor holding a medicine ball with only your hips touching. Using your arms twist to the side and then bounce the ball off the floor catching it at the top. Twist to the other side and repeat keeping your feet up the whole time if you can.

Ball Supermans - Complete 10-15 repetitions. Repeat all 3 exercises.

Start&Finish



Midpoint

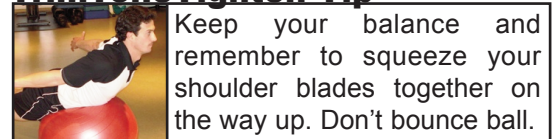


Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:

			—
--	--	--	---

TrimToneTighten Tip



Keep your balance and remember to squeeze your shoulder blades together on the way up. Don't bounce ball.

How To: Lie over a ball with it under your abs. Stretch your arms out in front of you and keep your feet on the ground. Lift your upper body up and squeeze your shoulder blades back as you pull your arms back to your sides. Slowly return and repeat.