

# TrimToneTighten Workouts®

## ABS

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

**Windshield Wipers** - Complete up to 30 alternating reps. Move to exercise #2

**Start&Finish**



**Lower to left**



**Lower to right**



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

Record your weights to right: 

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**TrimToneTighten Tip**



Remember not to let your legs lower too far or fast to one side. Always maintain control & keep your upper body flat on floor.

**How To:** Lie on your back holding onto a fixed object. Raise both legs above your hips. Slowly lower both legs as one to one side. Before touching the ground or losing control pull them back up above your hips using your core. Continue alternating sides.

**Bench Scissor Kicks** - Complete reps to failure. Move to exercise #3

**Start&Finish**



**Midpoint**

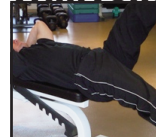


**Weights Set 1 Set 2 Set 3 Set 4**

Record your weights to right: 

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**TrimToneTighten Tip**



Make sure not to allow your lower back to over arch at any-time. Keep your abs engaged the whole set.

**How To:** Lie on your back with your glutes half on the bench (you can also use the floor). Hold onto the bench & raise 1 leg up above your hips while the other leg lowers towards the floor without touching. Quickly raise the bottom leg and lower the top one.

**Ball Back Extensions** - Complete 10-15 reps. Rest 60 sec. & 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 lose tension in your glutes and core during the exercise. Raise & lower your upper body slowly & in control.

**How To:** Lie face down with a ball below your abs & hips. Place both feet against a wall or bench. Raise your arms overhead & tighten your glutes, core, lower back & shoulder blades as you lift your chest up. Hold at top & then slowly lower without touching.