

TrimToneTighten Workouts®

ABS

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

1 Leg Up Crunch - Complete 10-20 reps on each side. Move right 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 pull your neck towards your chest - look up! Try not to let your feet touch the floor when switching sides.

How To: Lying on your back, place both hands on the side of your head. Raise 1 leg 4 inches off the ground and bend the other into your abs at a right angle. Crunch straight up & then lower yourself slowly without touching your head or shoulders to the floor.

Weighted Oblique Twists - 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:				—
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TrimToneTighten Tip



Remember not to round your back or over twist to each side. Keep your abs engaged and your feet off the ground!

How To: Hold a weight with both hands while sitting on your hips. Lean back until your feet are off the ground. Slowly twists the weight across your body using your arms and not your back. Alternate back and forth between your right and left sides.

Static Bridge - 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



Maintain a flat back and squeeze with your glutes the whole time. Also, keep your knees close together.

How To: Lie on your back with your legs pulled into your hips. Either place your arms beside your body or crossed over your chest. Push your hips up in the air using your glutes. Squeeze your glutes the whole time and hold in the same position for 60sec.