

ABSolutely Gorgeous

WITH [TONEITUP.COM](https://www.toneitup.com)



MOVE 1

PLANK WALK + DOWNWARD DOG

Tones your arms, shoulders, and core!

DO FOR 30 SECONDS



MOVE 2

STANDING WOOD CHOP

Sculpts your obliques, arms, and shoulders!

DO FOR 30 SECONDS



MOVE 3
SUMO SQUAT + TWIST
Tones your abs, arms, and legs!
 DO FOR 30 SECONDS



MOVE 4
FOREARM PLANK + STEP THROUGH
Sculpts your entire core, legs, and shoulders!
 DO FOR 30 SECONDS



MOVE 5
LEG SCOOP + CRUNCH
Tones your lower abs, thighs, and arms!
 DO FOR 30 SECONDS



MOVE 6
MOUNTAIN CLIMBERS
Sculpts your entire core and revs your heart rate!
 DO FOR 30 SECONDS