Complete 10-20 repetitions of each move, 1-3 times! Remember to breathe during each repetition. We can’t wait to see your check-ins doing this workout! Upload a pic with the hashtag #Bikiniseries @Toneitup & #TiuTeam

1. Seashell
Warms up and tones the waistline.
Begin standing with your abs engaged, legs crossed and dumbbell or kettlebell over your shoulder. Keep your elbow soft and shoulder strong. Tip to the side as far as you can and stand back up, squeezing your obliques. Complete set and move to the other side.

2. Coral Reef Curtsy
Sculpts the inner and outer thighs, calves, shoulders, core, and booty. Oh yeah baby!
Standing with a dumbbell or kettlebell over your shoulder, step back into a curtsy lunge. Smile! Driving all your weight into your front heel, stand up and abduct your leg cut using that beautiful booty girl. Continue on one side then change sides.
3. Windmill

Cinches the waistline core. Burns so good!
Begin standing with your kettlebell over your left shoulder and your feet wider than hip distance apart. Face your right foot outward and roll your right hand down your inner thigh, as far as you can go. Squeezing your side body, come back up to a standing position.

4. Mermaid Dive

Tones up the backs of the thighs, lifts the booty and sculpts those gorgeous shoulders.
Stand with your fins crossed. Slowly roll your kettlebell down your legs with soft knees and a tight core. Squeezing your mermaid glutes, stand up and upright row your kettlebell. (Keep your wrists neutral)
Alternate the fin that you cross half way through.

5. Seahorse

Strengthens the core, improves your balance and tones the triceps.
Begin in tree pose, with your abs engaged and your foot on your inner thigh. Be sure to not rest your foot on your knee, but on your inner thigh or calf. Perform tricep extensions, keeping your balance. Switch legs half way through.
6. Mermaid on the Rocks
Tones the abs, shoulders, triceps, back and lower back.
In a plank position, cross your fins and row one arm up. Squeeze your shoulder blades back, isolating those postural muscles.

7. Enchanted Bridge
Lifts and shapes the booty and tones the backs of the thighs.
Lay on your back, again crossing those beautiful fins. Driving your weight into your heels, lift your hips to the sky. Squeeze...

8. Pearl Crunch
Tones the upper and lower abs.
With your legs up in the air, crunch your shoulder blades off of the sand.

9. Mermaid
You’re going to love this move!
Shaping your waistline and lower abs, the mermaid sculpts a beautiful toned tummy!
Laying on your side, with your fins crossed, roll onto your butt a little for cushion. Lift your legs up into the air, squeezing your core.
10. Rainbow

You're going to love this move! Shaping your waistline and lower abs, the mermaid sculpta beautiful toned tummy! Laying on your side, with your legs crossed, roll onto your butt a little for cushion. Lift your legs up into the air, squeezing your core.

11. Making Waves

This is one of our all-time favorite moves. It not only feels amazing and tones every muscle in the body, it stretches us out. Begin in a plank on your forearms. Arching your upper back, roll your body forward into an upward dog position. Move into a Downward and repeat. Get it mermaid!!!