



# beach abs WITH KARENA

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



## MOVE 1

### BOAT POSE

*Strengthens your abs, hip flexors, and thighs!*  
HOLD FOR 30 SECONDS



## MOVE 2

### CRESCENT LUNGE TWIST

*Stretches and tones your legs, booty, and core!*  
HOLD FOR 30 SECONDS ON EACH SIDE



**MOVE 3**

**SIDE PLANK**

*Sculpts your obliques, arms, and shoulders!*  
HOLD FOR 30 SECONDS ON EACH SIDE

**REPEAT AB CIRCUIT 3 TIMES!**

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**GET THE COMPLETE BEACH ABS FLOW ROUTINE  
ON YOUR STUDIO TONE IT UP APP!  
CHECK IN WITH US! @TONEITUP #SUMMERTONEUP**

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*Tone It Up*