



*Tone It Up*  
**cardio abs**  
**CRUNCH TIME**

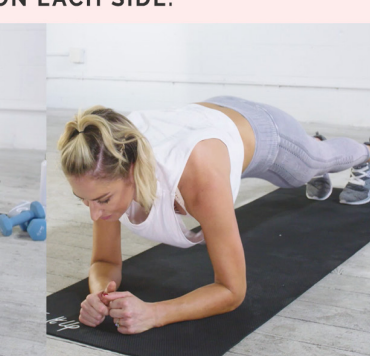
**1 PLANK TO DOWN DOG**  
*Strengthens your core and shoulders!*  
**DO 6 REPS.**

**2 DOWN DOG TO KNEE TO NOSE**  
*Tones your core!*  
**DO 4 REPS ON EACH SIDE.**



**3 DOWN DOG TO TUMMY TONER**  
*Sculpts your obliques!*  
**DO 4 REPS ON EACH SIDE.**

**4 PLANK UP-DOWNS**  
*Sculpts your core and shoulders!*  
**DO 10 REPS ON EACH SIDE.**



5

## HIP DIPS

*Tones your obliques and lower abs!*

DO 12 REPS ON EACH SIDE



6

## CRUNCH TO PRESS

*Sculpts your core and chest!*

DO 10 REPS ON EACH SIDE



7

## ROCK THE BOAT

*Sculpts your obliques!*

DO 10 REPS ON EACH SIDE



8

## LEG LIFTS

*Tones your lower abs!*

DO 10 REPS



9

## LEG LIFTS WITH A CRUNCH

*Tones your lower abs!*

DO 10 REPS



10

## OBLIQUE SWIVELS

*Sculpts your obliques and lower abs!*

DO 10 REPS ON EACH SIDE



11

## BICYCLE CRUNCHES

*Sculpts your obliques and lower abs!*

DO 16 REPS ON EACH SIDE

