

♥ Holiday Waistline Slimmer

The Bird-Dog



This functional move works on your postural muscles, core, and tones a strong & beautiful lower back

In a tabletop position stretch your right arm forward and left leg back, balancing on your right knee and left hand! Keep your abs engaged, pulled in toward your spine, and slowly return to starting position. Perform the same move on the opposite side. Complete 20 reps total, for 10 on each side!



Punch & Crunch II



Tones the abs, and defines those lines! ;)

Lay on your back with your feet tucked up to your bum, knees bent at 90°. Crunch up to the left, and press your right dumbbell across your body to your left knee; twist slightly to the left before you lower down and repeat for the other side! Perform 20 reps total, for 10 on each side.

Chair Pose Squat

Great functional move that strengthens the shoulders, thighs, abs, and booty!

Stand tall with dumbbells in your hands, feet shoulder width apart. Simultaneously squat down as you draw a great big heart with your arms, ending with the dumbbells directly overhead and your torso slightly bent forward. Keep your knees in line with your toes, and your arms straight out from your spine. Maintain a flat back and activate your core before repeating 15 times.



Waistline Cincher

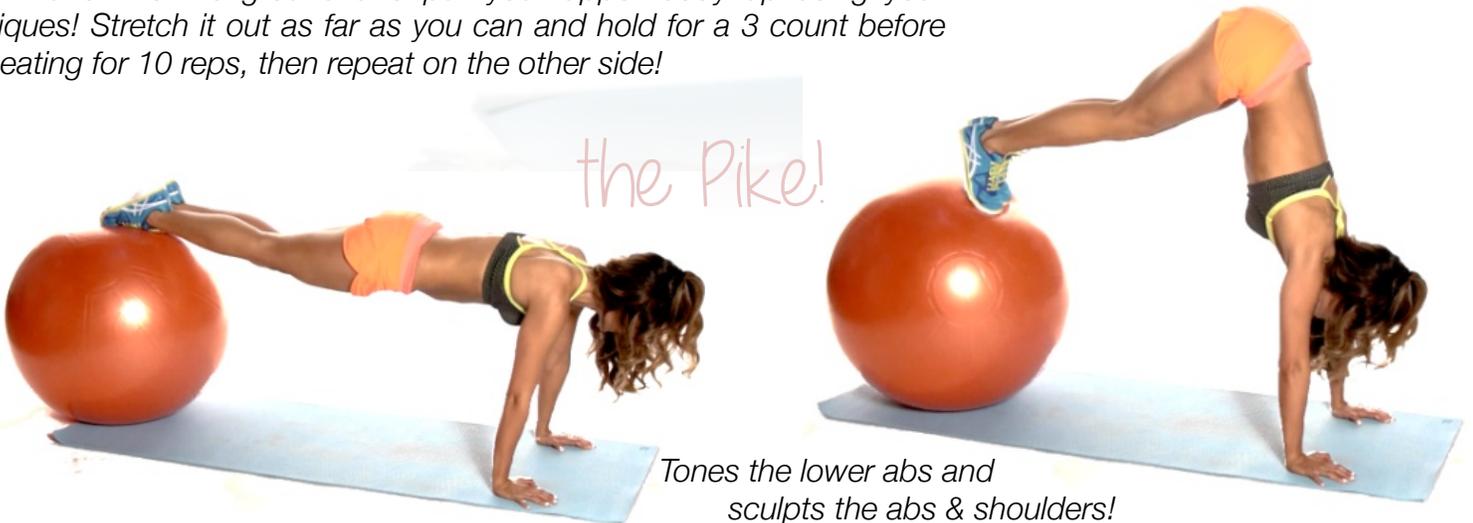
Tones the sides of your waistline to cinch in everything for a strong & sexy core.

Lay on your side with one hand supporting your neck, and the other just under your shoulders. Gently press your hand into the ground and pull your upper body up using your obliques! Stretch it out as far as you can and hold for a 3 count before repeating for 10 reps, then repeat on the other side!



the Pike!

Tones the lower abs and sculpts the abs & shoulders!



Begin in a plank position on your hands and feet on a physio ball, keeping your core activated and your pelvis rotated forward! Pull your abs in toward your spine and let your booty rise to the sky, pulling the ball in toward your arms! Keep your legs straight, and move slow! Lower back down and repeat for 15 reps.