

Summer Slim

with *Tone It Up* &

LIVESTRONG.COM WOMAN.



Tipsy! With a dumbbell in each hand, perform a 1 legged dead-lift, and finish with a bent over lateral raise before returning to an upright position. Repeat 10x then switch to the other side

Corset Lunge! With a single dumbbell in hand, perform a lunge, and twist your torso over the knee out in front. Straighten out and stand back up, then repeat for 10x before getting in the other side



Row the Boat! In a plank position with a dumbbell in each hand, perform a row bringing the dumbbell up to your abs, keeping your core tight and your torso straight. Return your hand to the ground and repeat for the other side, complete 10 total

Ultimate Summer Move! On your side with your bottom leg slightly bent and your top arm pushing into the ground in front of you, crunch upward through your side as you raise your leg to the sky! return to the starting position and repeat 10x per side

