

Sunkissed Abs

Tone It Up!



Warm up the Waist **x20**

Get it started easy with this move that gets all the core muscles warmed up and ready to work! Arms up, and reach for the sun above you, one arm at a time



Knee raise & Twist **x20**

Standing upright, lift one knee and twist your torso down to meet the opposite elbow, return to standing tall, and repeat for the other side



Skinny Dips **x20**

You know this one! Similar to a tricep dip, kick up one leg at a time



Side Plank & Pulse **x10**

An added bonus for your love handles! Get into the side plank position, but pulse your hips to the floor, and back up



The TIU Tummy Tuck **x20**

Yes, its your favorite! From a plank position, bring your knee up to meet your elbow, and return to plank before repeating for the other side. Move slow, and focus on breathing!



Side Plank & Pulse

x10

An added bonus for your love handles! This time on the other side - Get into the side plank position, but pulse your hips to the floor, and back up



V-Sit

x20

Balancing on your bum, scissor up bringing your shoulders to your knees! Use your hands just under your hips for added balance, but hold them out in front of you for an extra challenge



Rock the Boat

x20

In the V-Sit position with your feet on the ground, twist your shoulders from side to side around your waist! remember to hold your core tight, and breath slowly



Crunch

x10

Back to the basic! There is a reason it has been around for so long, do not pull on your neck, focus on working the core and you will love what they do for you



Bicycle crunch

x10

Similar to the Crunch, but bring your knee up to meet the opposite elbow, keeping constant cross tension on your core



Tornado

x2

An advanced leg lift, the tornado includes small concentric circles as you slowly raise and lower your legs from 90 deg to the ground. Move slowly and keep your pelvis forward



Reverse Crunch

x10

Looking for a way to target those lower ab muscles? This is your answer, keep your core tight, and push your pelvis forward with your legs straight up in the air



Swim it Out!

This works the entire postural chain to keep your core balanced out! keep your feet and chest off the ground, and remember to breath