Spooky Workout: Tone & Up

Creepy Crawler
Tones the triceps, buns & shoulders

Begin in a tabletop position with your abs engaged.
Inch your body forward about 20 creep steps.
10-20x3

Scared Black Cat!
Tones the lower abs, waistline, shoulders & triceps.

Begin in the plank position on your hands, abs engaged with your wrists in line with your shoulders.
Inhale keeping your abs engaged...
Lift up your tailbone to the sky squeezing your lower abs.
Exhale as you bring your bum up, inhale on the way down.
10-20x3

Witch Ride
Tones the thighs, lifts the butt, works the core & waistline
10-20x3

Start with your feet staggered, with your back toe on the ground.
Drop straight down bringing the broom to your side squeezing your core.
Inhale on the way down, exhale on the way up

BOOty lifters

Black Widow
Tones the shoulders, abs, waistline, triceps, chest, thighs & SPIDER WOMAN STRENGTH! :)

Begin in a planks position with your wrists in line with your shoulders and underneath your chest.
Lower your body into a push-up, while bringing one knee up to your elbow squeezing the waistline.
10-20x3

Happy Halloween!
We'd love to see your Halloween pictures & costumes! Post them on our facebook page or email them to contact@toneitup.com! :}