

Toned In '12 Abs Circuit

Get yourself warmed up with a 10 minute walk, then set up your stop watch, and crank through this circuit 6 times! Only rest when you have to, and be sure to work a full :30 seconds for each move.

Once you finish all 6 Rounds, Get out and run your Fastest Mile Ever!

V-Sits

:30 Seconds



Place your hands behind your lower back & lift your knees up

Extend your legs & upper body out as far as you can

Squeeze your core and bring them together

Inhale on the way out, exhale on the way in

Plank w/Alternating Arms

:30 Seconds



Get down on your hands & toes about shoulder width apart, keeping your Hips still, and your core tight

Alternate reaching one hand to the opposite shoulder, balancing on one hand

Repeat, alternating hands

make sure you breath throughout the exercise!

Bicycle Crunch

:30 Seconds



Laying on your back, keep your lower back pressed against the floor

Bring the opposing knee & elbow together, alternating as you continue

Tone It Up Tummy Tucks

:30 Seconds



Get onto your forearms at shoulder width apart, and maintain a tight core, drawing your belly button into your spine

Bring a knee up to the same elbow lifting the leg as far out as you can.

Repeat, alternating legs

Leg Lifts

:30 Seconds



Lay on your back with your legs together in the air

perform a pelvic tilt to press your lower back into the floor.

Lower your legs before you raise them to 90deg, and lift your hips off the floor