

#CreateYourSummer

Bikini Abs Routine

Here it is! Your Bikini Series Abs workout! Grab a dumbbell and a mat and get that core sizzling with this core routine you'll fall in love with!



Stand in a squat position with a dumbbell in your hand. Cross the dumbbell in front of you as you swing it up across your body, lifting it overhead on the opposite side. Do this as you squat up into a standing position. Repeat for 10 and switch sides.



Waistline Warmup

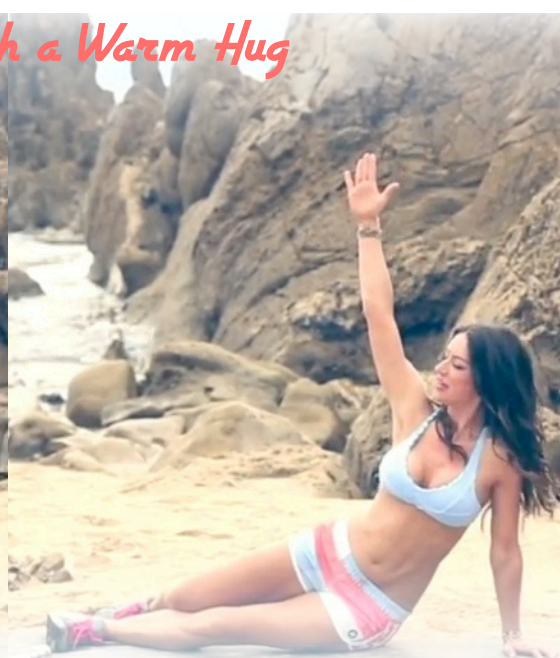
x/10



Stand tall with strong legs and a tight core, and rotate around your hips letting your arms swing back and forth, so that your core is ready to be worked out!

Side Plank Crunch with a Warm Hug

x/10



Perform a dynamic side plank by holding yourself up on your left arm and your feet, with legs stretched out straight and core tight! Dip your hips down to the ground, then pull them back up and perform a warm hug by slowly rotating your shoulders square to the ground, and wrapping your top arm around your body. Pull your shoulders back up so that they are stacked on top of each other and repeat. Complete 10 reps and fine-tune with 5 slow controlled hip dips. Then repeat for the other side.

Sprinter Crunch x20



Lay on your back with your arms resting by your side, perform a sit-up as you crunch your right knee to your chest and bring your left elbow to meet your knee, so that you are in a sprinting position. Slowly return to your mat and repeat, alternating legs.



Crunch & Chop

x10



Lay on your back with your knees slightly bent and your hands overhead. Perform a crunch as you bring your arms out in front of you and twist your shoulders to the left so that your hands point out left past your legs. Slowly return back down to your mat and repeat, alternating sides.

Rock the Boat

x20



Begin in a boat pose, with a dumbbell in your hands. Without touching your back or your toes to the sand, rotate your shoulders around your spine, pulling your elbows back as far as you can! Slowly rotate back and forth, breathing as you continue.



Bikini Crunch

x10



Lay on your back with your knees bent at 90° and your hands behind your head. Gently squeeze your abs to pull your shoulder blades up off the mat and hold for a 1 count, then slowly lower back down and repeat! Remember to exhale as you squeeze.

Oblique Slimmer

x20



Lay on your back with your knees bent at 90° and your hands resting by your sides. Squeeze your abs to pull your shoulder blades up off the mat and reach your right hand for your right heel! Keep your shoulder blades off the mat as you reach for your left heel with your left hand, and repeat!

Single Leg reverse crunch

x10



Lay on your back with your hands tucked underneath your booty. Stretch your legs out above you, keeping them as straight as possible. Slowly lower your left leg down to the ground, gently tapping your heel to your mat, and return it back up to the start. Repeat, alternating as you continue. Keep a very tight core the entire time, and remember to breathe!



Reverse Crunch

x10



Lay on your back with your hands tucked underneath your booty. Stretch your legs out above you, keeping them as straight as possible. Slowly lower your legs down to the ground, gently tapping your heels to the mat, and return back to the start.

Scissor Reverse Crunch

x2



Lay on your back with your hands tucked underneath your booty. Stretch your legs out above you, keeping them as straight as possible. Slowly lower your legs down to the ground, scissoring them back and forth. Gently tap your heel to the mat, and return it back to the start scissoring as you continue.

Reach for the Toes

x10



Lay on your back with your legs out above you, keeping them as straight as possible. Stretch your hands out in front of you, reaching for your toes and slowly squeeze your abs, crunching up to touch your toes, and lower back down. Repeat!

Inner Thigh Crunch



Lay on your back with your legs out above you, keeping them as straight as possible. Stretch your hands out by your sides keeping them just off your mat. Slowly squeeze your abs to crunch up so that your hands go past your thighs just outside them. Slowly lower back down to your mat, and crunch up again, this time open your hips and let your hands go past between your thighs. Repeat!

Dynamic Side Plank



Perform a dynamic side plank by holding yourself up on your left arm and your feet, with legs stretched out straight and core tight! Dip your hips down to the ground, then pull them back up and repeat! Pull your belly button in and hold tight! Perform 10 dips, then the below plank, then come back for 10 more dips on the other side!

Plank it out!



Perform a plank on your forearms and toes, keeping your booty forward and your back flat. Squeeze your abs and keep your body in as straight of a line as possible! Breathe constantly throughout this static move. After 30 seconds, slowly lift your right leg in the air just off your mat and hold for 5 seconds. Lower it back down to the mat and repeat for the left leg. Then continue to hold your plank for another 30 seconds! Push yourself!



Bicycle Crunch

x30



Lay on your back with your arms resting by your side, perform a crunch as you tuck your right knee to your chest and twist your abs to bring your left elbow to meet your knee. Continue alternating the direction you twist in, so that it feels like you are pedaling an invisible bicycle!