

Your Challenge is to complete 3
Rounds of 15 reps for each move!
Time yourself and check in with
your total time!
#TheBESTAbRoutine #TIUteam

The BEST Ab Routine



Scissor Crunch



This routine starts off strong! You'll have a tough time finding a single move that feels as great across the front of your abs as this one!! It's burns oh-so-good.

With your knees soft, scissor one leg at a time, crunching your opposite elbow to meet your knee. Shoulder blades off the mat girl, you've got this! 15 reps!
(one on each side counts as one full repetition ;)

Starfish Crunch



Remember this from your Set the Bar routine on Beach Babe DVD 2!! Lets go!

Begin laying on the ground with your arms and legs spread in a starfish shape. Using your core muscles, pull your body in tight and toned into a ball! You'll see & feel the difference every time you finish! Your abs literally get pumped up, which also helps bring oxygen to that core area. It's intense!!



Total Side Slimmer



This will become your favorite move to slim your entire figure from the sides of your thighs, up to your shoulders!

Begin on your side, with your right arm and right leg strong and athletic (soft knee and elbow) and your left leg at 90 degrees with your foot flat on the floor. Press into your left heel and lift your hips to the sky as you flip your left arm over your body!

Complete your 15 reps for one side at a time! Then switch before moving on to your Tummy Tucks.

TIU Tummy Tuck!



It's your favorite TIU Classic! Tones and shapes the obliques, lower abs, shoulders and core.

In a strong plank position (shoulders in line with your wrists and your spine neutral) squeeze one knee up toward your elbow, cinching the sides of your abs, while maintaining an engaged core to minimize movement during the transition from one leg to another!



Burpees

This is THE move that is going to tie it all together! Begin in a plank position, keeping your core strong and your elbows + knees soft. Jump your feet forward and tuck your knees to your chest using those lower core muscles and swiftly stand up into a soft plyometric jump. Jump back into your plank and repeat.