

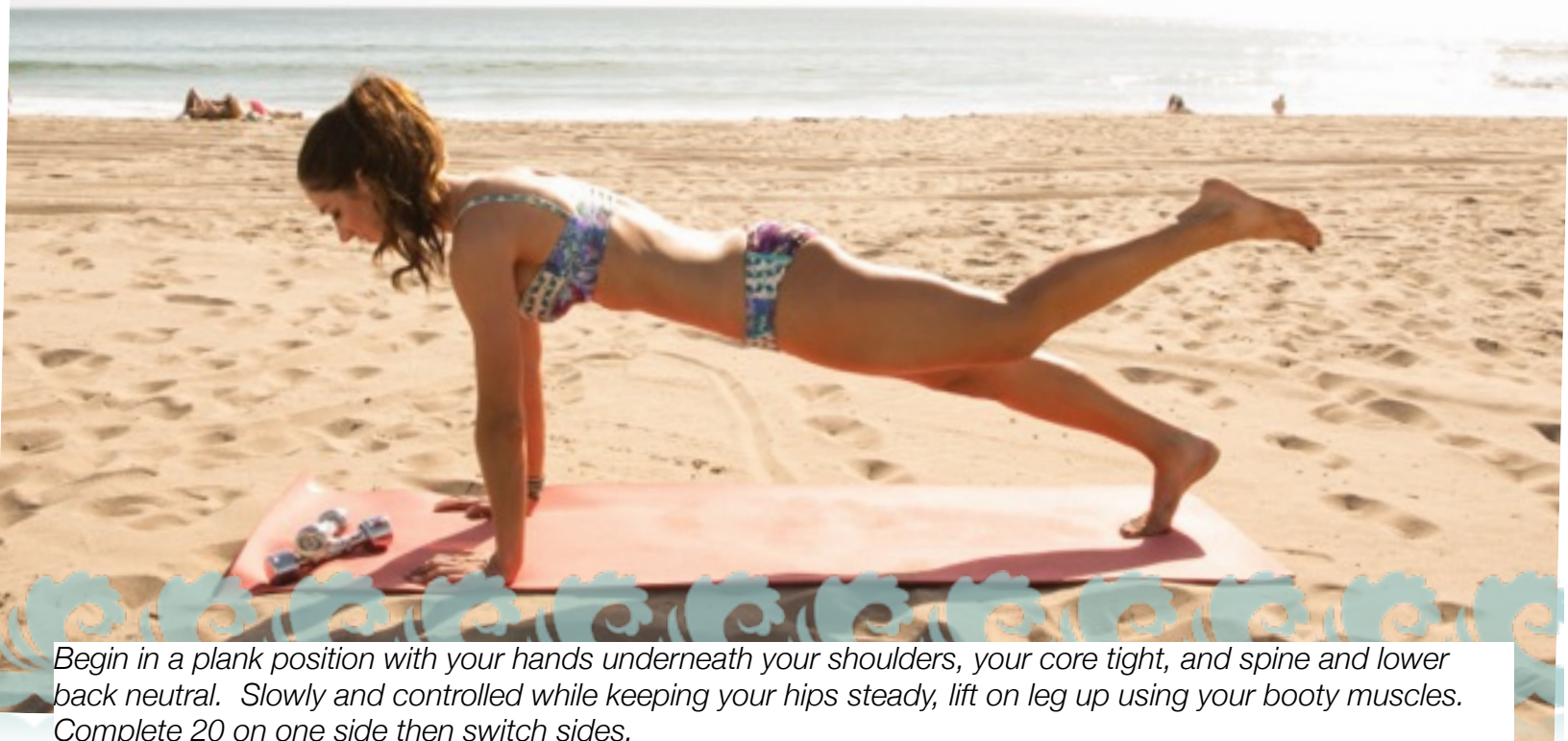
Crop Top Workout

The best
workout
to rock that
crop top!
Complete 3 sets of
15-20 repetitions
of each move!

ToneltUp.com

Plank Kick

*Tones the lower abs, waistline, shoulders and booty
15-20 reps on each leg*

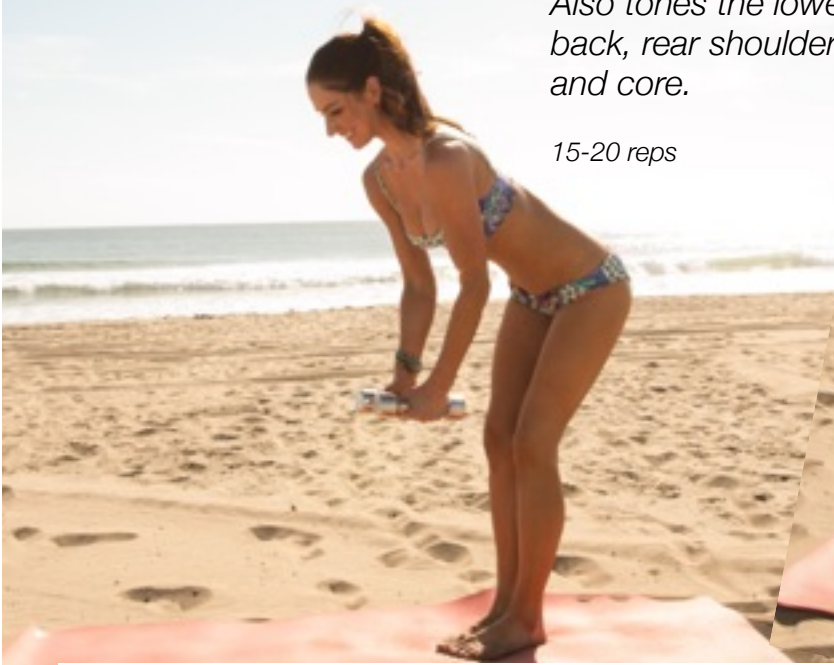


Begin in a plank position with your hands underneath your shoulders, your core tight, and spine and lower back neutral. Slowly and controlled while keeping your hips steady, lift on leg up using your booty muscles. Complete 20 on one side then switch sides.

Crop Top Fly

Tones the upper back, right where your crop top meets your arms. Also tones the lower back, rear shoulders and core.

15-20 reps

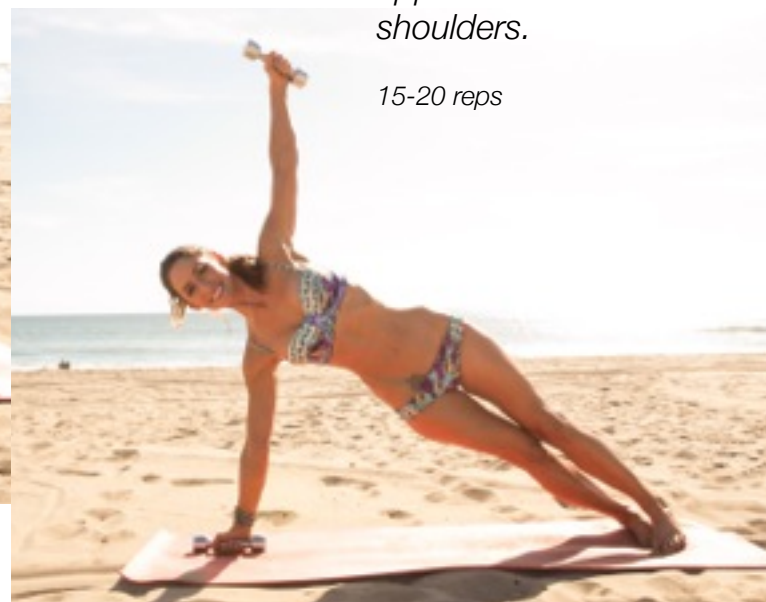


Begin in an athletic position with your knees soft and bent at about a 45 degree angle. Keep your core tight as your bring the weights out by your sides. Keep your neck and spine neutral. Lower slowly and controlled.

Ultimate Waistline Slimmer

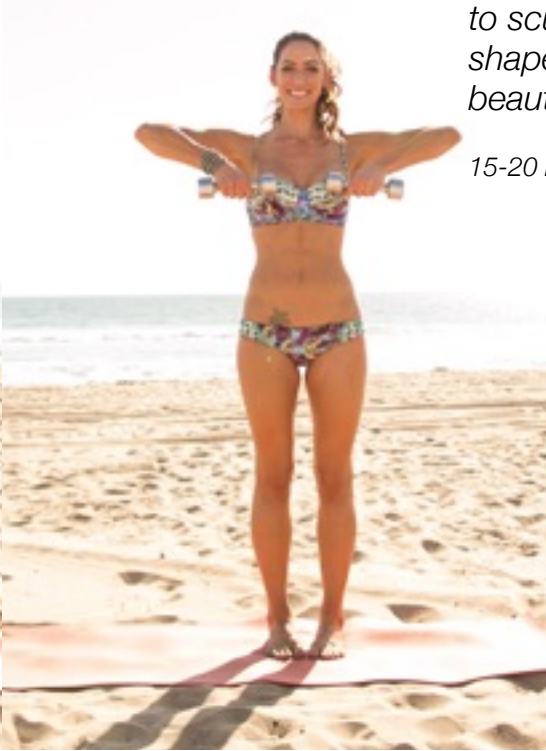
Tones the lower abs, obliques, lower back, upper abs, shoulders, upper back and shoulders.

15-20 reps



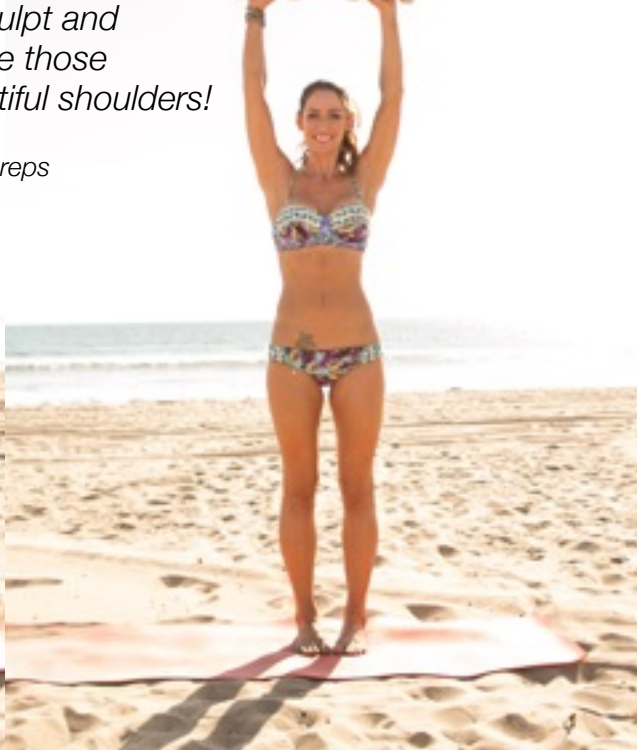
Start in a strong Tone It Up Plank Position! Holding onto your light dumbbells, have your hands right underneath your shoulders. With a strong core, twist onto the sides of your feet, raising one arm up into the sky. Smile, then return to your plank position.

Sexy Shoulders



Our favorite move to sculpt and shape those beautiful shoulders!

15-20 reps



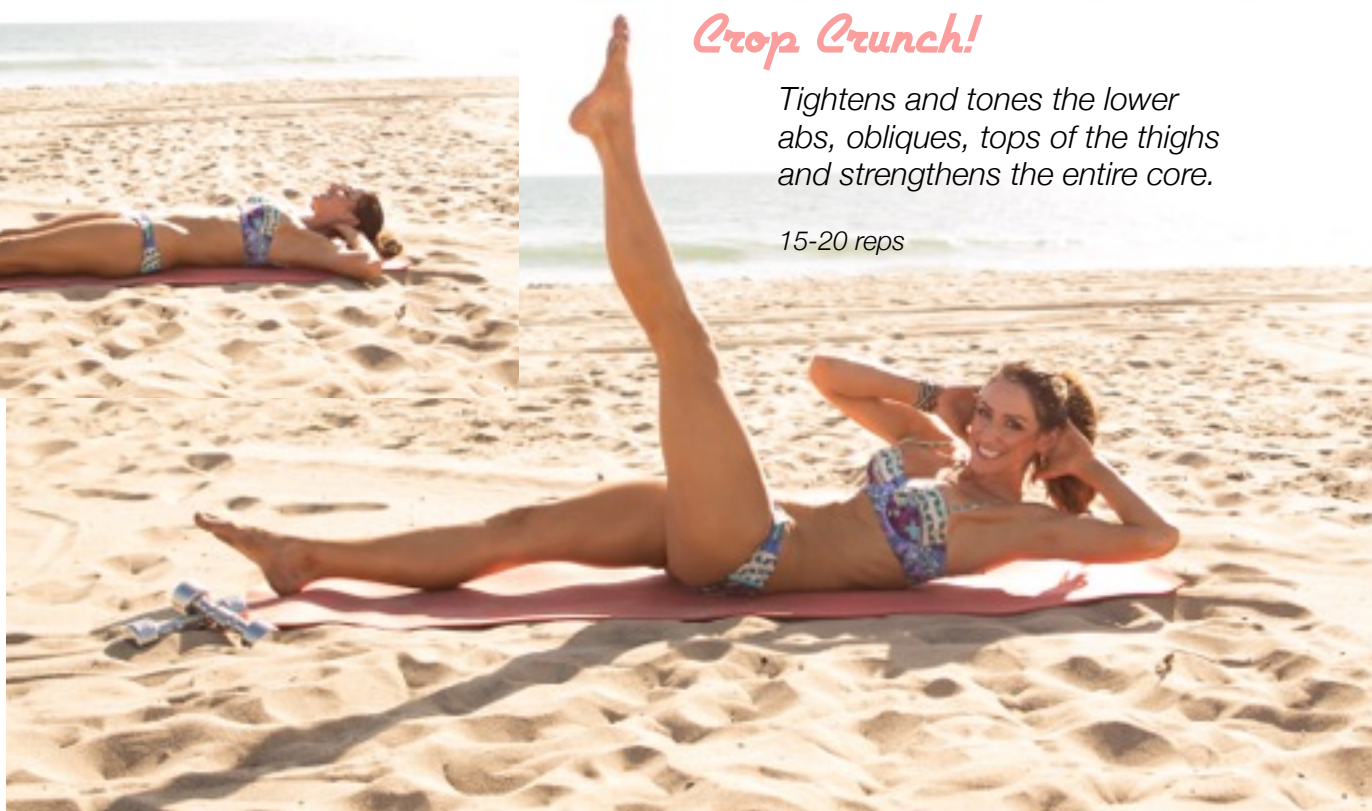
Begin standing with your knees soft and core engaged. Bring your weights (can be heavier), in front of your thighs. Lift your elbows up (lead with your elbows) and raise your weights to chest level. Make sure your wrists are neutral and not shaped like a kangaroo :) Lastly, press up into the sky.



Crop Crunch!

Tightens and tones the lower abs, obliques, tops of the thighs and strengthens the entire core.

15-20 reps



Lay on your back with your hands gently behind your head. Crunch up using your upper abs while kicking your leg into the air. Twist toward that leg, using your obliques (don't pull on your head or neck). Alternate sides. They hurt oh-so-good!!

All over toner!

Tones the core, biceps, sculpts the fronts and the backs of the thighs and rounds the booty.

15-20 reps on each leg



Begin in a standing position with your core engaged and weights by your side. Slowly and controlled, step back behind you in a curtsy lunge (cross your body). Drive ALL your weight into that FRONT heel as you stand

Downward Kick

Strengthens and tones the shoulders, abs, lower back and booty.

15-20 reps on each leg



One more plank! You can go on your forearms if you'd like.

With your hands underneath your shoulders, push back into downward facing dog while kicking one leg behind you. Squeeze the booty! Go back down into a plank and alternate sides.