



Exercise Planner

for your *Body*

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Tight Tums

What you need: Suitable exercise space and exercise mat.

Explanation: Time to get rid of the love handles and get the slim sexy stomach you've always dreamed of. Four simple exercises that will have you ready to head down to the beach and show of your body.

Reverse Crunch

Start



Finish



Heel Slaps

Start



Finish



Crunches

Start



Finish



V-Sit Ups

Start



Finish



Beginner

20 REPS

Reverse Crunch

30 REPS

Heel slaps (15 reps each side)

20 REPS

Crunches

15 REPS

V-Sit ups

Intermediate

20 REPS x 2

Reverse Crunch

30 REPS x 2

Heel slaps (15 reps each side)

20 REPS x 2

Crunches

15 REPS x 2

V-Sit ups

Advanced

20 REPS x 3

Reverse Crunch

30 REPS x 3

Heel slaps (15 reps each side)

20 REPS x 3

Crunches

15 REPS x 3

V-Sit ups