

TUMMY TWISTERS TO TRY AT HOME

Oblique Floor Crunches: Feet Flat Twisting Crunches

Starting Position: Lie on your back with your feet flat on the floor and your hands behind your head.

Form: Exhale as you lift your shoulder blades off the floor. When you get half way up, start to rotate your body so that your left elbow moves towards your right knee. Hold at the top for 1 second and slowly lower to the starting position.

Personal Trainer Tips: Keep your elbow in the same position throughout the movement. Focus on rotating and twisting your trunk, not on moving your elbow. Do 8-15 repetitions going to the same side and then switch sides.



Bicycle Crunches

Starting Position: Lie on your back with your hips bent about 90 degrees and your hands behind your head.

Form: As you curl your body forward, like in a crunch, bring your right knee towards your left elbow and extend your left leg out 45 degrees. While keeping your shoulders lifted off the floor continue alternating from left to right, bringing your opposite knees and elbows together.

Personal Trainer Tips: Keeping your shoulders lifted off the floor keeps more tension on the abs and works them harder, helps more with fat burning.



Try these tummy exercises at home for a flatter and tighter tummy!

Calling all Smart Shape / Reshape Members

(Members who have Vibe Plate or Coaching with Karen)

To help you reach your goals even faster we now have a small **GROUP** training session **Just for you!**

There is **NO additional fee** for these sessions, they are open to **Only** Smart Shape & Reshape members.

Sessions will vary in times, days frequency and content. Just to keep you on your toes!

Approximately 30mins in length, sessions may be inside or outside so be prepared for anything!

Days and times will be displayed at WIM studio at beginning of each week

First Sessions:
Friday 22nd @ 1pm
Tuesday 26th @ 5.30pm