

TONE YOUR TUMMY WITH NUYU

IMPROVE YOUR CORE STRENGTH WITH OUR EASY TO FOLLOW TUMMY TONING WORKOUT.

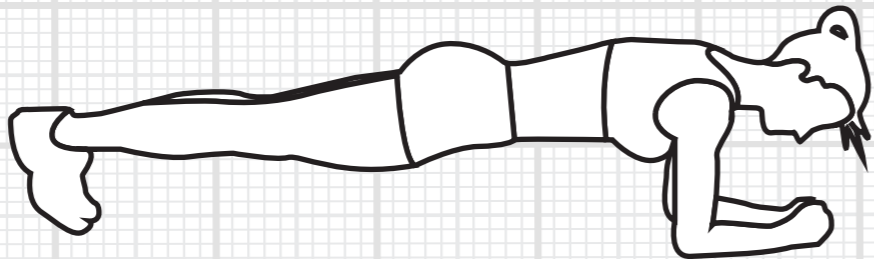
Challenge yourself to do each exercise 5 times, and try to hold each of the ab positions for 30 seconds. Then next time try and increase the reps and hold the ab positions for longer.

START

TUMMY TONER EXERCISES

A

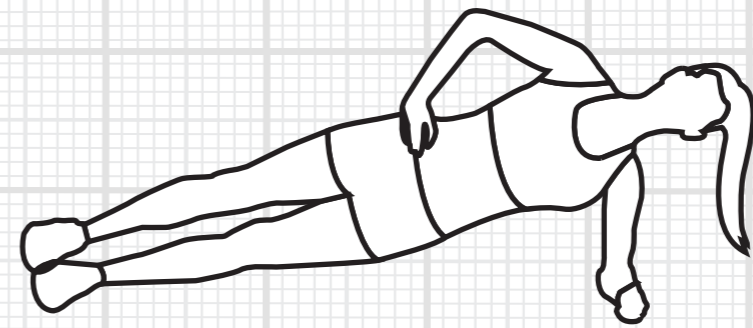
1 MIN



PLANK

B

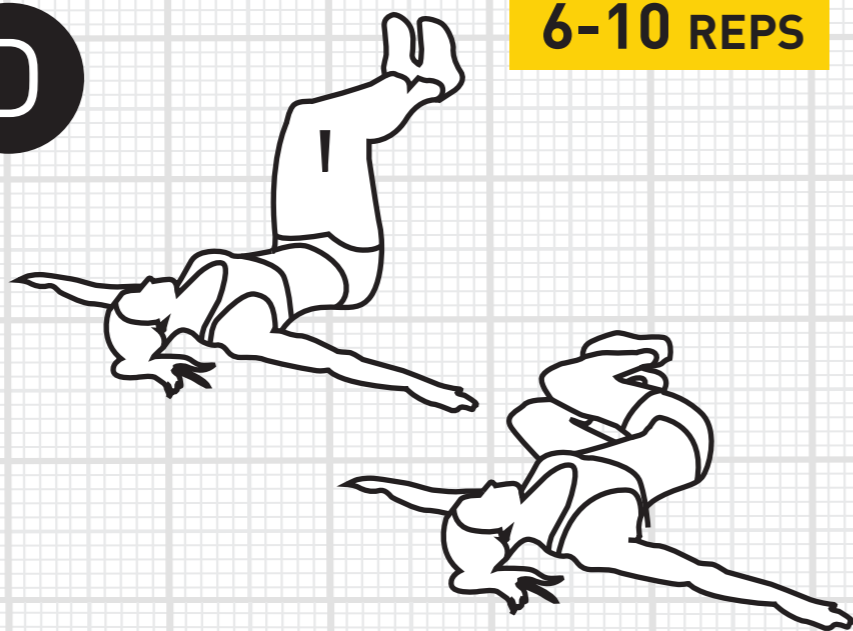
1 MIN



SIDE PLANK

D

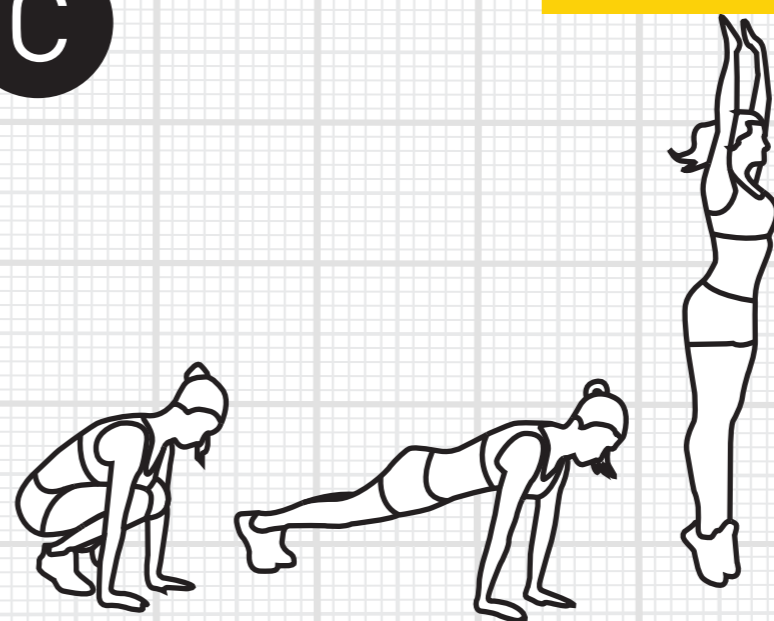
6-10 REPS



WINDSCREEN WIPERS

C

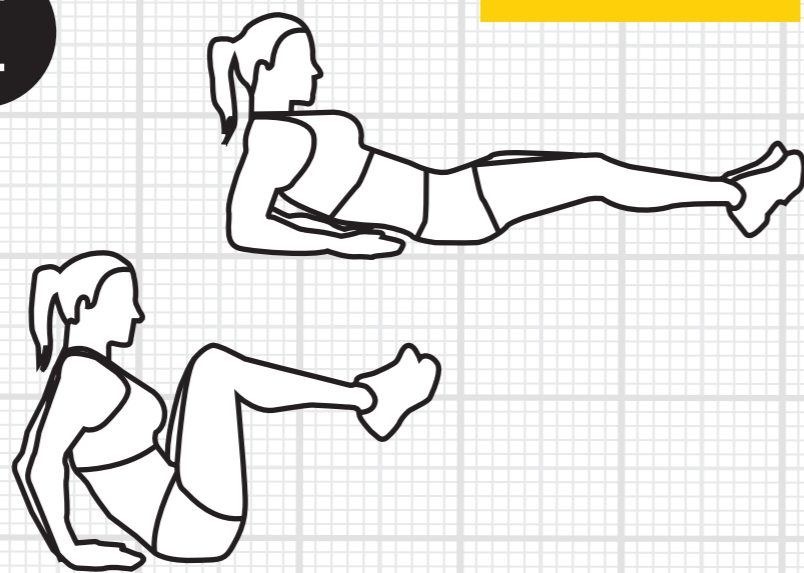
10 REPS



BURPEES

E

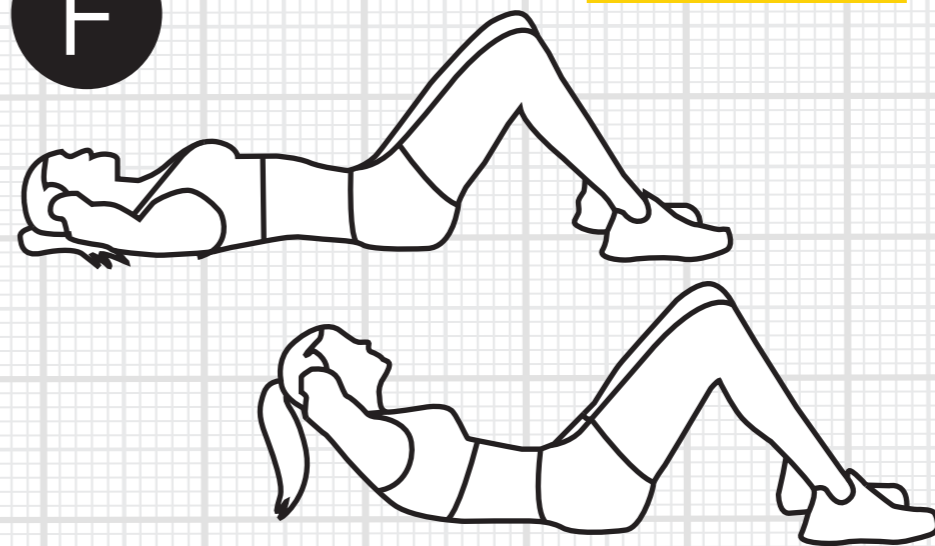
10 REPS



LEG PULLS

F

10 REPS



CRUNCH

END