

WORKOUT

Without machines

SLIM WAIST



SLIM WAIST WORKOUT ROUTINE

These exercises work all the core muscles, increase heart rate, and improve leg strength and endurance.

It is an extremely effective exercise for beginners. If you want to achieve a slim waist, perform as many repetitions as you can in 20 seconds. This workout routine will target your core to burn belly fat and give you a slimmer waist.

Do these exercises for 10 to 15 minutes every day and you'll start to see some difference within the next 4 weeks.

These six exercises constitute 1 round in total. Rest for 1 minute between each round.

You can do the exercises consecutively or as part of a round. If you are a beginner, you can start this training with 2 rounds and, as your physical condition improves, you can increase it to 3 and 4 rounds.

Remember to adjust the weight and respect your limits according to your ability and fitness level.

STRETCHING

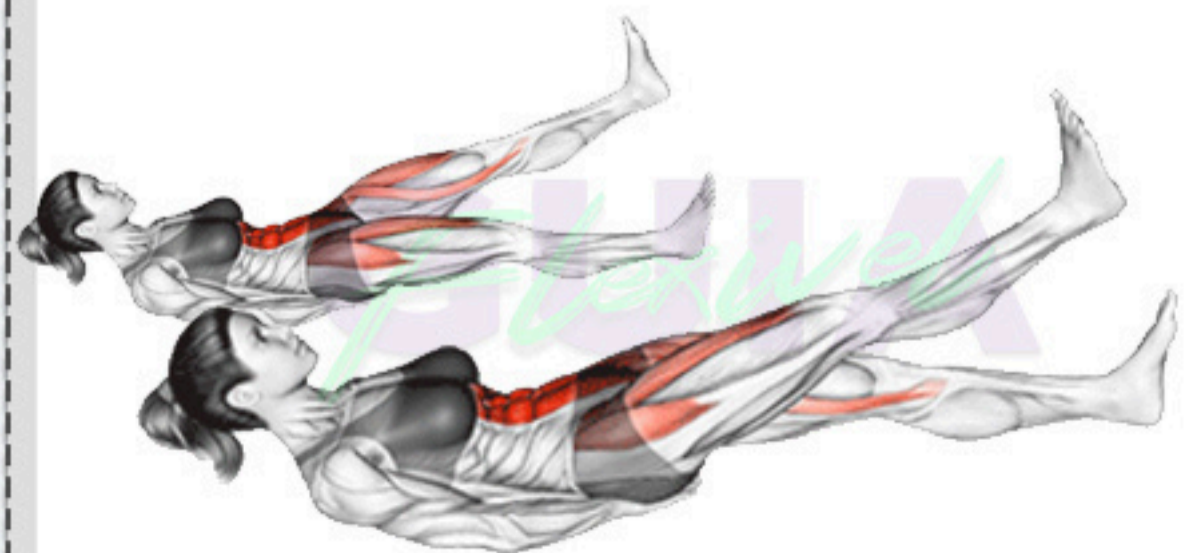


2

-

20"

FLUTTER KICK



2

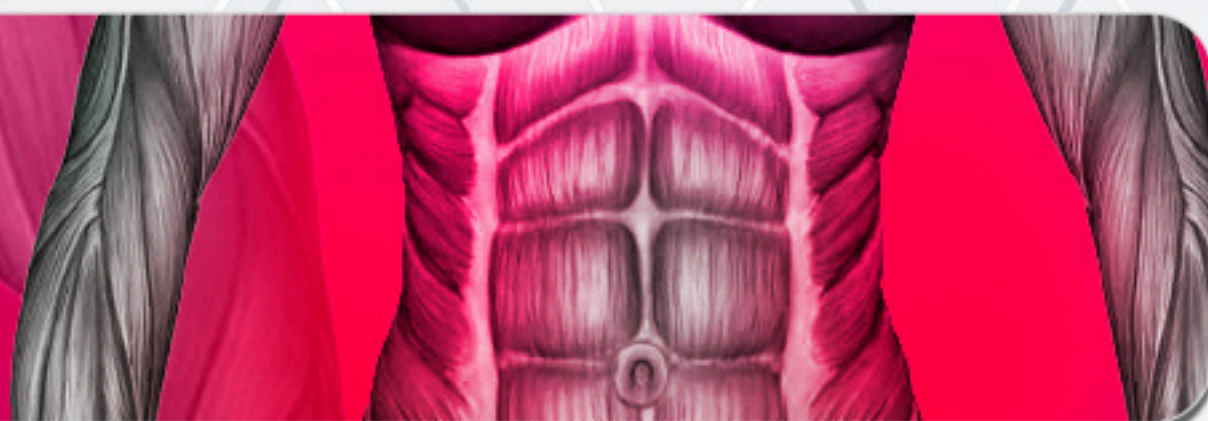
20"

10"

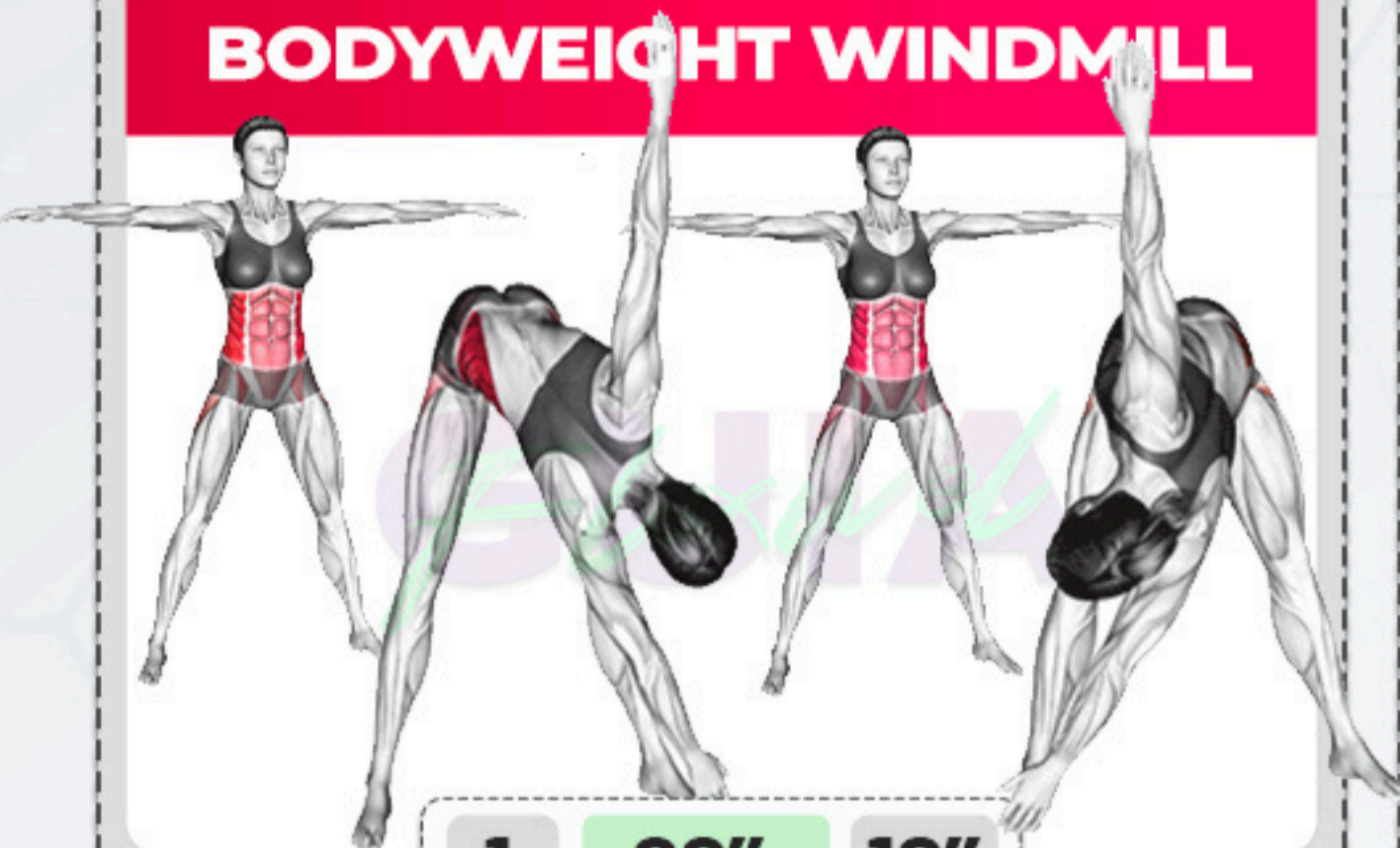
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Flawed
GUÍA

SLIM WAIST



BODYWEIGHT WINDMILL



1 20" 10"

HIGH KNEE SKIPS



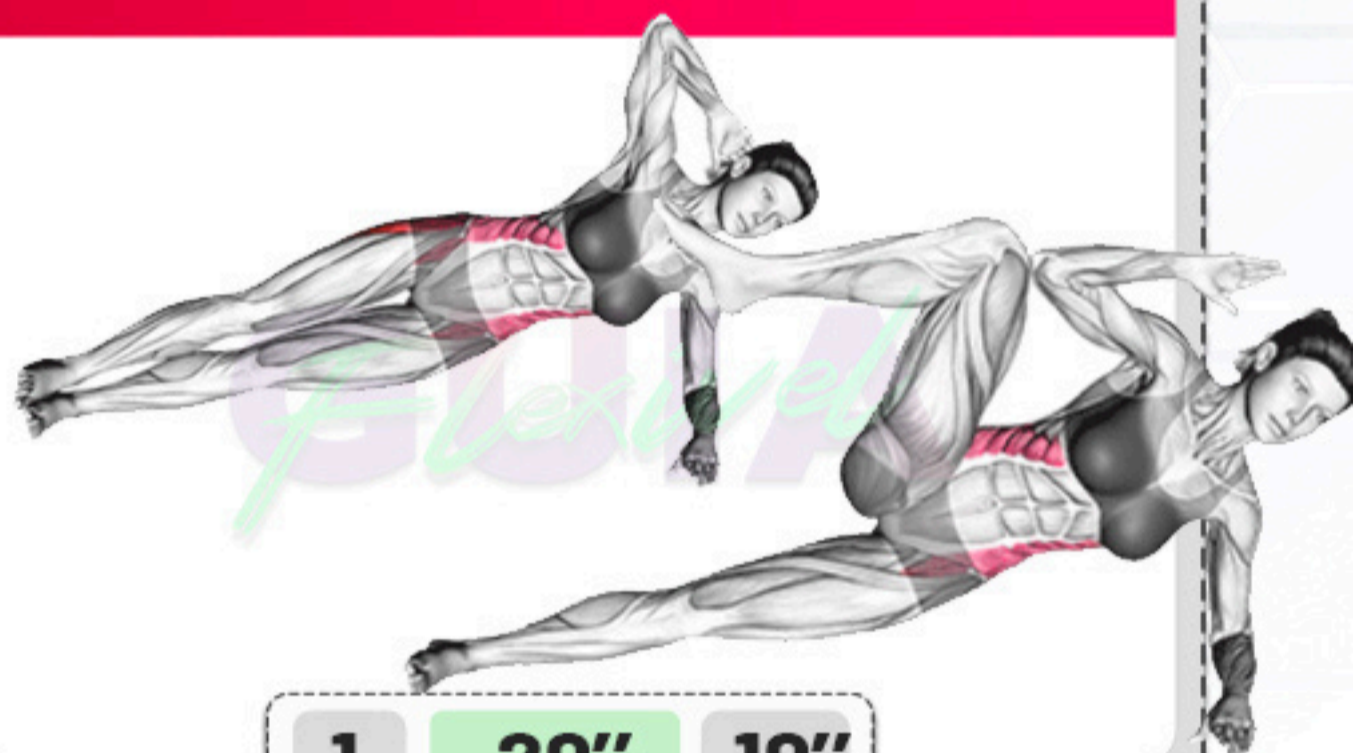
1 20" 10"

SNAP JUMPS



1 20" 10"

SIDE PLANK LEG RAISES



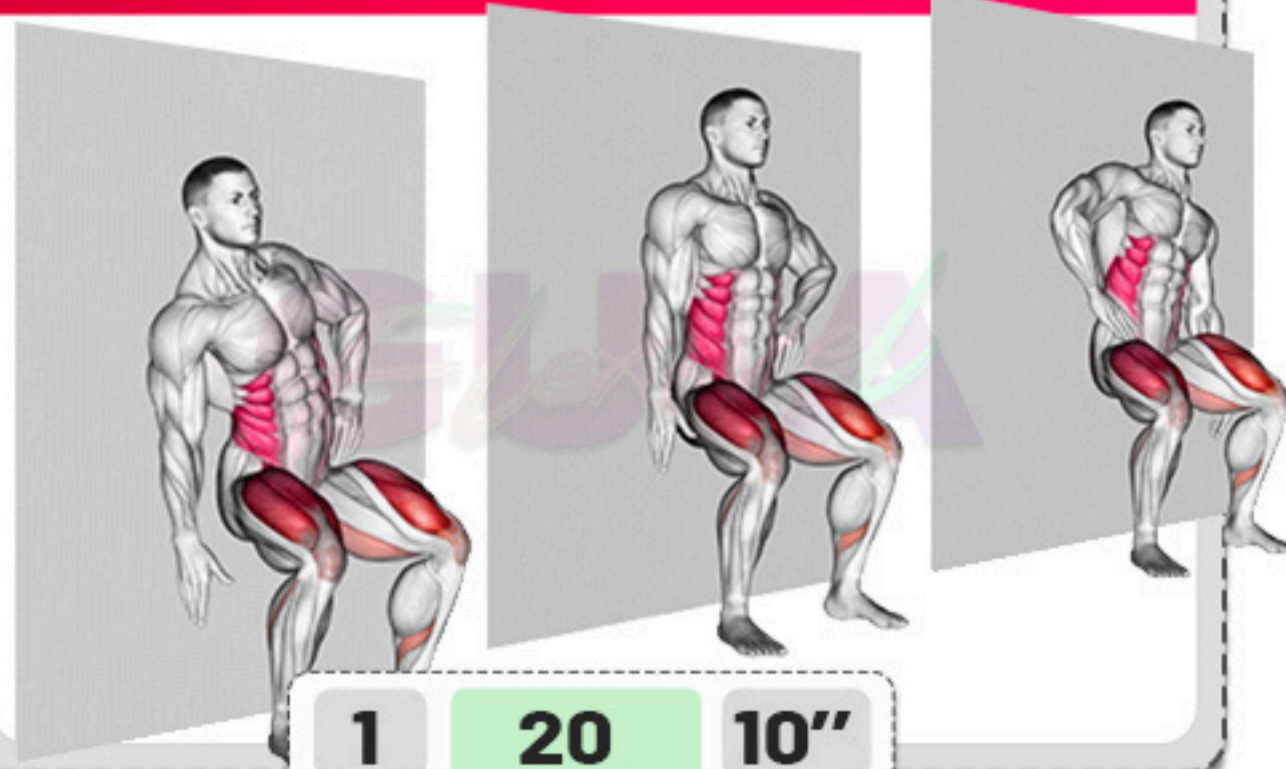
1 20" 10"

SEATED OBLIQUE TWIST



1 20 10"

SEATED SIDE CRUNCH



1 20 10"

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GUIA
Flexivel