

Tummy Slimmer Workout Chart

Get in shape the easy way with the Tummy Slimmer. Just spend **5 minutes** a day and you'll be surprised to see the weight loss results. Your daily workouts will improve greatly by performing reverse crunches with this abdominal exercise machine and **gain rock hard abs, oblique, and thighs**. Perfect for both men and women, this fitness machine features a sturdy steel frame that can support up to 100kg. The console updates you on the calories burned, time, and moves per minute. Choose between four resistance levels to gradually increase the intensity of your workout sessions. The Tummy Slimmer is easy to use and takes literally seconds to setup and folds away for easy storage.

1. ABS, THIGHS, BACK & GLUTES WORKOUT



Start at the reverse crunch position by placing both knees on the lower foam rollers and both elbows on the upper rollers with hands holding the handles. Use your abs to raise your knees and slide down slowly. Start at the lowest resistance and gradually increase the number of repetitions & resistance levels when fitness level has improved.

2. UPPER BODY & ABS COMBO WORKOUT



Adjust to the lowest level. Place your knees on the lower rollers facing opposite meter, slide up and hold. At the hold position, body on the ground with hands placed aligned with shoulder width and arms bend, raise your body by extending your arms and return to the start position. For advanced level, as you are doing push up, use your abs to crunch or slide down the rollers towards your chest Repeat as necessary.

3. LOWER BODY & ABS (HIP RAISE) WORKOUT



Adjust to the suitable level, with back on the ground and facing upwards, put your heels on the lower rollers, slide up and hold. At the hold position, lift your hips up and down slowly while balancing with your arms on the floor. Repeat as necessary. For advanced level, at lift up position, slide the rollers up and down slowly to train your balancing.

4. HAMSTRING & LOWER BACK STRETCH



Adjust to the suitable level. Stand side way/ lateral position with one foot on the floor at squatted position and the other foot on the lower rollers. With hands on the hips/thighs, slide up and hold for 10 to 20 sec (minimum) in the position while maintaining balance. Switch leg and perform the same steps.

5. LEG & INNER THIGH STRETCH



Stand facing the meter/front with the same leg stretch position, slide up and hold. Try to perform toe-touch for 10 to 20 sec (minimum) with both knees bended slightly. Switch leg and perform the same steps.

6. CORE MUSCLES & ARMS WORK OUT



In the plank position, place your hands on the lower rollers and slide up and down repeatedly. For advanced level, place your knee further away from the equipment to maximize the range of motion.