

The "Swingset Slimmer" Workout

with
thebettermom.com
& peak313.com



Swing Ab Curls



Pull-Ups



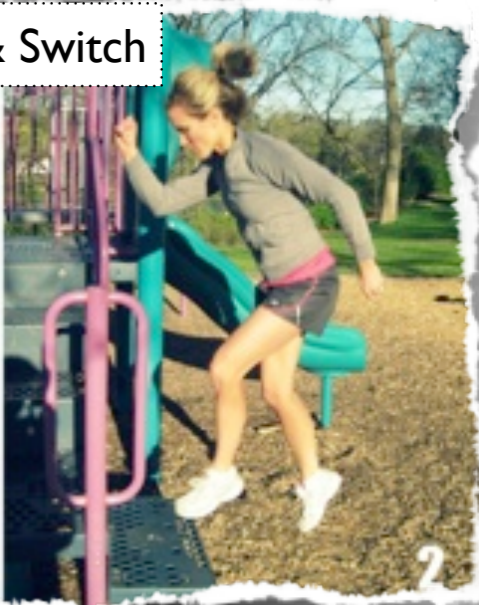
Chalk & Squat



Swing Bridge & Curl



Laying Pole Taps



Jump & Switch

How To:

- 1.) Go to www.thebettermom.com to find out more about each exercise.
- 2.) Do 2-3 sets of 12 reps on each exercise.
- 3.) Do whenever you can and have fun!