

Discreetly Fit Quick Reference

The Discreetly Fit Training

- 1/ Warm Up (10 light-medium Zip Ups)
- 2/ The Lift x 4
- 3/ The Little Ball x 4
- 4/ SeeSaw x 4 (8 contractions in total)
- 5/ Zip Up Combo x 4
- 6/ Power Zip Ups x 8
- 7/ Pelvic Lift