

# Your firmest abs ever!

To engage your inner corset in each of these moves, imagine flattening a spot one inch below your belly button

## 1 Long torso hold



### Targets: Inner corset

Lie faceup with arms extended behind head. Lift shoulder blades and legs, feet together, to form a bowl shape (as shown). Exhale and pull in abs, pressing lower spine against ground. Inhale, then exhale as you shorten the space between bottom ribs and hips. Continue for 20 seconds. Repeat five times.

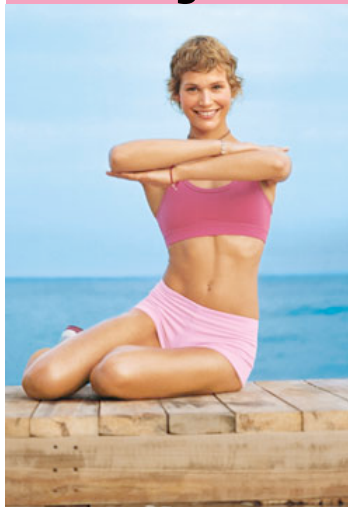
## 2 Diagonal cancan



### Targets: Sides (obliques)

Sit with legs together about a foot off ground, knees slightly bent. Keep palms on ground at sides for balance. Holding feet up, tip knees to left as you rotate torso to right (as shown). Return to start, then repeat in opposite direction to complete one rep. Do 12 reps.

## 3 The Jeannie



### Targets: Sides (obliques)

Kneel with forearms one on top of the other. Keeping shins as planted as possible, slowly lower hips to left, allowing torso to bend right as you sit on left hip (as shown). Squeeze abs to return to start. Repeat to right to complete one rep. Do 12 reps.

## 4 T balance on ball



### Targets: Inner corset, entire midsection

Balance with upper back on stability ball, knees bent, abs tight, torso parallel to ground. Extend arms at sides. With feet planted, roll right until you feel wobbly (as shown). Squeeze abs to roll to opposite side for one rep. Do 12 reps.

## 5 Treadmill with cross extension



### **Targets: Inner corset, entire midsection**

Start in push-up position. Bring left knee toward chest, then rotate left hip, crossing left leg over right (as shown) and straightening it. Keeping abs tight, bend left knee and rotate back to start. Do 12 reps, switch legs and repeat.

## 6 Pretzel curl



### **Targets: Front (six-pack)**

Lie faceup with knees bent, shins parallel to ground, arms at sides. Straighten left leg and bring right knee in as you curl shoulders up and reach forward to clasp hands, palms facing out, behind right thigh (as shown). Keeping shoulders off ground, pulse upper body forward for 12 reps, never allowing hands to touch thigh. Release hands and switch legs so you clasp behind left thigh. Do 12 reps.

## 7 Lat pull with lift



### **Targets: Back, core**

Lie facedown with abs on center of ball, balancing on hands and toes, arms extended as far as possible. Tighten abs and lift feet, bending knees so toes point up. Pull chest forward until ball is beneath hips and raise lower back so thighs are parallel to ground (as shown). Roll ball back under abs for rep. Do 12 reps.



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