

# Play your way to flat abs

Pick any five exercises, then finish with 30 minutes of your favorite cardio activity. Do this workout three times a week (on alternate days), and you'll see results in as few as four weeks!

## V-up balance



Lie on back with legs straight, arms at sides, palms down. Raise legs and torso off ground 45 degrees and grab back of thighs with hands. Draw knees in and hold tuck position for one count. Extend legs at about a 45-degree angle while straightening arms (as shown). Hold for two counts; return to tuck hold. Alternate positions 10 times in 30 seconds. Work up to a minute.

## Reclining cycle



Lie on back with legs extended and hands tucked under butt, palms down, to support lower back. Keeping head and upper body glued to ground, draw right knee toward chest while simultaneously extending left leg about a foot off ground (as shown). Switch legs and continue quickly bicycling back and forth for 30 seconds.

## Ball circle



Lie on left side on a stability ball so the curve of your waist is on the center of the ball and feet are stacked on top of each other. (Beginners: Place left foot on ground slightly in front of right foot or against wall for stability.) Rest hands lightly behind head with elbows wide. Crunch right elbow toward right hip. Do 15 reps. Switch sides; repeat.

## Jackknife with a



Lie on back and raise legs straight up with ankles touching and feet relaxed. Place palms on belly. Slowly curl up, reaching left hand to outside of right foot (as shown). Lower, placing left hand back on belly, and reach right hand to outside of left foot, to complete one rep. Do 15 reps.

## Elvis swivel



Stand with feet wider than shoulder-width apart, knees bent. Rise onto balls of feet. Bend elbows 90 degrees. With upper body still, pivot lower body to the left on balls of feet in one count (feet point at a 45-degree angle, as shown); then to right. Swivel until you've done 10 pivots to each side.

## Side ball crunch



Stand tall with feet slightly wider than shoulder-width apart, holding a stability ball in both hands straight overhead. Keeping feet planted, twist torso to right and contract abs as you draw a big circle in the air with the ball (as shown). Do 15 circles in that direction, then switch direction and repeat.

## Reverse curl



Lie on back with knees bent, feet on ground and arms at sides, palms down. Place a full water bottle behind knees, drawing feet toward butt to hold bottle in place.

Keeping head and upper body glued to ground, bring knees in toward chest, raising hips a few inches off ground (as shown).

Lower and repeat. Do 15 reps.

## Pendulum



Lie on back with arms at sides, palms down. Raise legs straight up and point toes to sky. With ankles touching, slowly lower legs together to left side about 30 degrees (as shown), lifting right hip about an inch or two, then bring legs back up to start. Repeat to right side like a pendulum to complete one repetition. Do 15 reps.

## Boxer sit-up



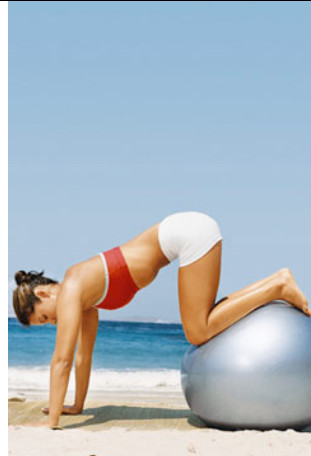
Lie on back with knees bent, feet on ground. Tuck elbows to sides and keep fists close to chest. Lift upper body off ground and twist torso to right, then to left, as if dodging two punches. Lower torso and then come back up, this time throwing two punches—first with left fist (as shown), then right. Tuck arms to chest and lower torso. Alternate twisting and punching for 30 seconds.

## Ball plank



Place palms on top of a stability ball with hands directly below shoulders, arms straight and elbows soft. Straighten legs behind you with feet hip-width apart so body is balanced in push-up position (in a straight line from head to heels) on palms and balls of feet. Hold 30 seconds. Rest 15 seconds; repeat once.

## Ball tuck



Using a stability ball, get into a push-up position by placing hands on ground directly under shoulders and resting shins close together on top of ball, legs straight. Keeping legs together and shoulders over hands, slowly roll ball forward by bending knees (as shown). Draw knees as close to chest as you can. Extend legs back to start position; repeat. Beginners: Replace ball with towel and slide on balls of feet. Do 15 reps.



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