

Flat Abs

the beginner's guide

You'll need a prop to help you through these exercises.

The Result: more muscles worked.

Translation: flatter abs in less time.

Complete all sets of a move, resting 60 seconds between reps, before continuing to the next exercise.

Bosu angels & Overhead Lift

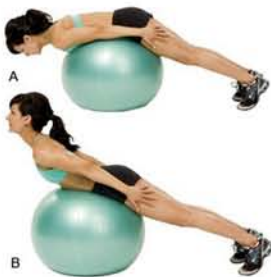


How To: Lie face up on a Bosu with your bra strap hitting the centre of the Bosu, your knees bent and your abs engaged. Next, sweep your arms outward and upward, as if you're making a sand angel. Hold this stretch for 30 to 40 seconds. To deepen the stretch, grip each end of a hand towel and hold it overhead for 30 to 40 seconds.

Sets 2
Reps 8-10

Posture Payback: It stretches and opens your chest muscles, pulls the shoulder blades down and elongates the neck. "Your head will look lifted like that of a dancer," says physiotherapist Julie O'Connell.

Stability Ball Back Extension



How To: Lie face down on a large stability ball so it supports your pelvis (**A**). Keep the balls of your feet on the floor and rest your hands at your sides. Next, tighten your glutes and gently lift your chest (**B**). Hold for three seconds, then lower back to start. If this is too easy, clasp your hands behind your head for more of a challenge.

Sets 2
Reps 10-12

60 Degree Power Crunch & Squeeze



How To: Place a rolled bath towel under your lower back as you lie on the floor (**A**). Bend knees to 90 degrees, keeping feet flat and fingers behind ears. Crunch up as high as you can while pressing your lower back into the towel (**B**). Pause at the top for two seconds and repeat.

The towel extends your range of motion, allowing you to work your deepest ab muscles without taxing your back.

Sets 2
Reps 10-12