

# Bye-Bye, Belly Fat

**Flatten your belly and shrink your hips** in just three moves.

**Here's what to do:** Complete the workout three days a week. Do the exercises as a modified circuit, performing one set of each exercise in succession, and resting 30 seconds between each move. After you've done one set of each exercise, rest for another 30 seconds, and repeat the circuit two to three times.



## ALTERNATING DUMBBELL ROW

Grab a pair of dumbbells, and stand with your feet shoulder-width apart, knees slightly bent. Bend at your hips, keeping your lower back naturally arched, and lower your torso until it's almost parallel to the floor. Let the dumbbells hang at arm's length from your shoulders.

Now pull the dumbbell in your right hand to the side of your torso by raising your upper arm, bending your elbow and squeezing your shoulder blade toward your spine. As you lower that dumbbell, row the dumbbell in your left hand to the side your torso. That's one repetition, do 10 per set.



## DUMBBELL SUMO SQUAT

Grab a heavy dumbbell and hold an end with each hand at arm's length in front of your waist. Set your feet about twice your shoulder width apart, your toes turned out slightly. Lower your body as far as you can by pushing your hips back and bending your knees. Pause, then push yourself back to the starting position. Keep your torso as upright as you can for the entire movement, with your lower back naturally arched. Do 8 to 10 reps.



## MOUNTAIN CLIMBER

Assume a push-up position with your arms straight and your body in a straight line from your head to your ankles. Without changing the posture of your lower back (it should be arched), raise your right knee toward your chest.



Pause, return to the starting position and repeat with your left leg. That's one rep. Alternate until you've completed all your reps. Do 10 - 12 reps per set.