

## CONQUER YOUR BIGGEST BODY GRIPE BY KATHLEEN TROTTER, TRAINER

If I had a dollar for every time I've heard a new client complain about her abs, I'd be rich. Instead, I'm very busy. No problem – here are three of my go-to abdominal exercises.

### EXERCISE ONE V-hold with backstroke

Sit on your butt on a mat. Lean back about 15 degrees. Keeping your back straight, your head positioned above your shoulders and your belly button pulled in toward your spine, raise your arms straight out in front of you. Arc your right arm behind you as if you were swimming the backstroke (without arching your back or straining your neck) and follow it with your eyes. Return to the starting position and repeat with your left arm. **DO 20 REPS.**

### EXERCISE TWO Front plank with jumping jack

With a paper plate positioned under each of your feet, get into the plank position, coming up onto your toes and placing your elbows directly below your shoulders. Make sure that your belly button is pulled into your spine, your back isn't arched and your butt isn't up in the air. Slide your right foot out to the side without compromising your plank. Return to the starting position and repeat with your left foot. **DO 10 REPS.**

### EXERCISE THREE Side plank and rotation

Lying on your left side on a mat, place your left elbow under your left shoulder and stack your knees on top of each other. Lift your body off the ground, balancing your weight on your left forearm and left foot, making a straight line from your ankles to your shoulders. Raise your right arm straight up in the air, then arc it down and underneath your left oblique. Return to the starting position. **DO 10 REPS, THEN SWITCH SIDES AND REPEAT. 3**

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