

THE NO-GYM ABS WORKOUT

Think toned abs aren't attainable? Think again. Complete this easy circuit twice a week for a taut, trim core.

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1



**MODIFIED FRONT PLANK
ON THE STABILITY BALL**

Place your forearms on the ball with your elbows directly under your shoulders and your knees on the ground. Raise your hips so that your body makes a straight line from your hips to your shoulders. Keep your lower abdominals tight and hold for 10 to 30 seconds. Repeat three times.

**Make it
harder**

Come up on your toes for a full front plank.

2



Make it harder

Walk further out before you perform the tuck.

STABILITY-BALL KNEE TUCK

Place your stomach on the ball and your hands on the ground in front of it. Walk your hands forward until your thighs are on the ball. Using your abdominals, bend your knees and pull them (and the ball) into your chest. Pause for a moment, then slowly return your legs to the starting position. Do three sets of 10 to 15 reps.

3



Make it harder

Come up on your toes for a full side plank.

MODIFIED SIDE PLANK WITH HIP LIFT

Lie on a mat on your left side. Place your left elbow directly under your left shoulder. Stack your knees on top of each other and lift your hips off the ground, then lower your hips slightly. Using the oblique ab muscles on your left side, push your hips back up to the starting position. Do three sets of 10 to 15 reps.

REVERSE CURL

Lie on your back on a mat with your arms by your sides and your legs straight up. Lift your hips up off the ground and then slowly lower. (Concentrate on doing the work with the muscles between your belly button and your pubic bone.) Do three sets of 10 to 15 reps.

4

Make it harder

Take five counts to lower your hips.



T OBLIQUE

Lie on your back on a mat with your arms straight out at your sides and your legs raised in the air, with a slight bend in your knees. Slowly let your legs fall to your right. (This should be a small motion; do not let your left shoulder blade come off the ground.) Use your left oblique muscles to pull your legs back up to the starting position. Do three sets of 10 reps. Switch and repeat on the other side.

5



Make it harder

Hold a stability ball between your calves as you perform the exercise.



6



Make it harder

Lower your legs closer to the ground as you perform the kicks.

BIKE KICK

Lie on your back on a mat. Place your hands behind your head, bend your knees and bring both legs up to form a 90-degree angle at your hips. Twist your left shoulder toward your right knee as you extend your left leg. Using your abs, slowly return to the start position and repeat, switching sides. Do three sets of 20 reps.



Make it harder
Lift one or both legs
off the ground.

**V HOLD WITH
ROTATION**

Sit on a mat with your knees bent. Lean back approximately 30 degrees. Keeping your shoulders back and your abs tight, hold this position for 10 to 30 seconds, then rotate your torso from side to side for 20 counts. Repeat three times.



Make it harder
Place a water bottle in
the small of your back,
keeping it stable
throughout the motions.

THE BIRD DOG

Get onto all fours on a mat, with your hands directly below your shoulders and your knees hip-width apart. Straighten your left arm and right leg, keeping your pelvis level and your abs tight. Do three sets of 10 reps, then switch and repeat with your right arm and left leg.



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Learn more ways to tone your tummy with our abs-workout video.