

ACHIEVE SEXY ABS

TWO MOVES THAT WILL PUT YOU ON THE FAST TRACK TO FLATTEN AND CARVE YOUR MIDDLE IN NO TIME.



A



B

1. CRISS-CROSS WITH BAND

» Strengthens oblique abdominals

Lie on your back with legs lifted at 90 degrees, head and shoulders curled forward. Hold the resistance band with your arms facing the ceiling [A]. Draw your shoulder blades down towards your hips while pinching your abdominals towards your spine. As you exhale, rotate your upper body to the right towards your right leg and extend your left leg straight out [B]. Inhale to return to the centre; stay curled forward and bring your legs back to the starting position. Switch sides to complete 1 rep. Do 12 reps.

2. LEG EXTENSION WITH BALL

» Strengthens abdominals, upper hips, inner thighs and quads

Lie on your back and prop yourself up on your forearms with palms down, elbows under shoulders and knees bent in line with hips. Grip the stability ball lightly between ankles; inhale [A]. Squeeze the ball as you lift your chest, press your shoulders down, contract your abs and lengthen your spine. Exhale and straighten knees to extend your legs; maintain a 45-degree angle with your body [B]. Inhale to bend knees and return to starting position. That's 1 rep. Do 8 reps.

Trainer's tip: Keep your pelvis anchored to the mat without any rocking of the hips.



A



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