

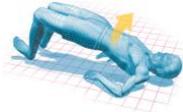


BALL CRUNCH

What It Works: Transverse abdominus, obliques, lower back

Lie with the middle of your back on a stability ball, with your knees bent 90 degrees and your feet flat on the floor. Place your hands behind your head, but don't pull on your neck.

Squeezing your belly button toward your spine, lift your upper back off the ball. Keeping your shoulders off the ball, trace a clockwise oval with your torso. Apply pressure with your lower back to keep the ball still through the entire motion. After 15 clockwise ovals, trace 15 counterclockwise.

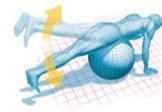


POWER BRIDGE

What It Works: Hip flexors, glutes, lower back

Lying on your back, bend your knees and place your heels near your glutes. Arms are at your sides, palms down.

In one smooth motion, squeeze your glutes, raise your hips off the floor and push up from your heels to form a straight line from shoulders to knees; toes come off the floor slightly. Hold for two seconds. Keeping your toes raised, lower yourself three-quarters of the way to complete one rep. Do 20 repetitions.

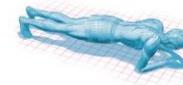


HIP EXTENSION

What It Works: Lower back, hamstrings, glutes

Lying with your hips and stomach on the stability ball, put your hands on the floor directly under your shoulders, and extend your legs with toes resting on the floor.

With a straight spine and shoulder blades back, as if you're trying to make them touch, lift both legs off the floor, keeping them straight. If possible, raise them slightly higher than parallel to the floor. Hold for two seconds and lower. Do 20 reps.

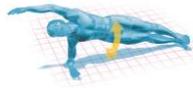


PLANK

What It Works: Transverse abdominus, upper and lower back

Lying on your stomach, place your elbows under your shoulders with forearms and hands on the floor.

Lift your hips off the floor, keeping your back straight and abs tight, and rest on your toes. Aim for 60 seconds.



TRANSVERSE PLANK

What It Works: Transverse abdominus and obliques

Lie on your right side, with your right elbow under your shoulder, forearm in front for stability, and stack your left foot on your right. Raise your left arm over your head.

In one motion, lift your hips to create a straight line down your left side. Lower your hips a few inches off the floor; do 10 to 15 reps, then switch sides.



BOAT POSE

What It Works: Transverse abdominus, lower back

Sit, resting both hands lightly behind you, and lean back until your torso is at a 45-degree angle.

Keeping your legs together, lift them off the floor as you extend arms forward at shoulder height. Keep abs tight, as thighs and torso form a 90-degree angle. If your hamstrings are tight, you'll need to bend your knees a little. Work up to holding for 60 seconds.



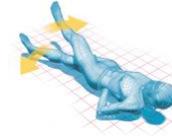
CONTROLLED CRUNCH

What It Works: Entire core

Sitting with a slight bend in your knees, press your heels against the floor. Extend arms to the front at shoulder height, palms facing each other.

With a straight spine and upward gaze, inhale deeply, then exhale and slowly lower your torso to the floor over five counts as you inhale. Arms are overhead.

In one smooth movement, leading with the arms, exhale and explode back to the starting position. Do 20 reps. **TIP:** hook feet under something.



SCISSORS KICK

What It Works: Transverse abdominus, hip flexors, inner and outer thighs.

Lying on your back with legs straight, place both hands palms down under your lower back.

Pushing your elbows down into the floor and pulling your belly button toward your spine, raise your shoulders off the floor and look toward the ceiling. Raise your legs 4 inches off the ground and scissor them: left leg over right, then right over left. That's one rep. Work up to 100.