

Ab Supreme

Do each exercise for 30 seconds (or 20 reps) and repeat 3-5 times. Combine this with your normal workout routine for complete overall body confidence.

Russian Twist



Sit straight and tall on sit bones, knees bent. Lean back slightly, while maintaining correct posture. Clasp hands together at chest height. Holding ab muscles in rotate slowly from side to side

Hips Rolls



Lie on back, knees bent at 90-degree angle, arms extended out to sides. Breathe normally. Keeping form on legs, rotate the hips to lower the knees to just 1 inch from the floor. Engage the oblique's (side) and bring legs back to starting position utilizing the oblique muscles. Rotate hips to lower knees towards the other side. Repeat designated number of times. Hold abs tight throughout exercise.

Belly Blasters



Begin in a forearm plank position. Line shoulders up directly over the elbows - press elbows into floor - abs pulled into to backbone tight - glutes engaged - legs tight. Action - pull abs in and slightly raise torso a couple of inches; release back to starting point. Motion is very small.