

10 instant TUMMY TONERS

Create a strong and flat stomach with easy moves our fitness editor, **Martha Lourey-Bird**, swears by. Do them in your own lounge room!

If you want to have a fabulous-looking stomach, as well as improve your posture and help prevent back pain, then it's important to strengthen and tone both your core and abdominal muscles. Not sure how? All you need

is a few simple moves you can do at home or in the gym. Here's a guide to the 10 best exercises to target your tummy area. To get the best results, try doing one to three sets, and up to 12 reps of each movement, two to four times a week.

Banish the pot belly



1 HALF CRUNCHES ▲

With knees bent, support your head in your hands while looking just above your knees. Lift your shoulder blades up off the floor towards a 45° angle, then slowly lower your body back down.

TARGETS: UPPER ABS



2 REVERSE CURLS ▲

Bend your legs, raise them, and rest your hands below your navel. Lift and lower your bottom slightly off the ground. It's just a small movement from the hips – don't swing your legs.

TARGETS: LOWER ABS



3 SIT-UPS ▲

Lie down with knees bent and hold a medicine ball in front of you as you do sit-ups (the closer the ball is to your chest, the easier it is). Remember to breathe out on the way up, and in on the way down.

TARGETS: ABS



4 ABDOMINAL CRUNCH ▲

Sit on a fitness ball with your feet resting firmly on the floor, about hip-width apart. Keeping your back straight, cross your arms behind your head and tighten your abdominal muscles as you lift and lower your torso.

TARGETS: UPPER ABS

Melt that muffin top

5 SIDE PLANK

Lying on your side, place one forearm and the hips and legs of that same side in contact with the floor. Exhale as you contract your abs and lift up off the floor. Hold for up to 1 minute.

TARGETS: CORE AND OBLIQUE MUSCLES



6 LYING TWISTS

With knees bent, raise your shoulder blades up and twist slightly, aiming your shoulder towards your opposite knee. Lower and rotate to the opposite side. Repeat.

TARGETS: OBLIQUES



7 STANDING TWISTS

Keeping hips towards the front and knees slightly bent, twist from side to side, holding the medicine ball, in slow, controlled movements. Contract abs throughout.

TARGETS: CORE AND OBLIQUE MUSCLES

Improve your posture

8 STATIC PLANK

Resting on forearms and toes (or knees to make it easier), lift off the ground, keeping your back and bottom flat. Breathe and contract your abdominals – holding for up to 1 minute or more.

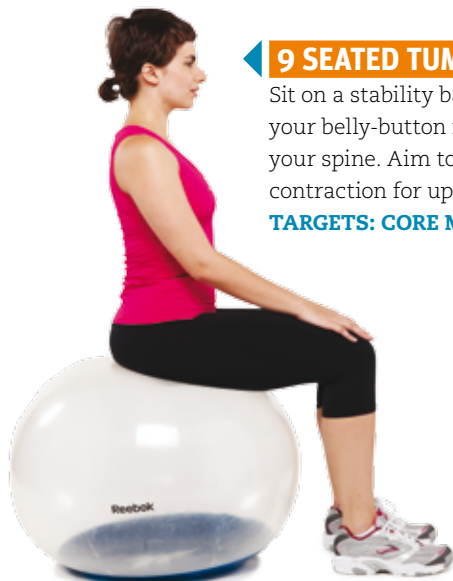
TARGETS: CORE MUSCLES



9 SEATED TUMMY TUCK

Sit on a stability ball and pull your belly-button in towards your spine. Aim to maintain this contraction for up to 1 minute.

TARGETS: CORE MUSCLES



10 SWIMMER

Extend arms and legs while contracting your bellybutton. Lift and extend one arm and the opposite leg, then lower while lifting your opposing limbs.

TARGETS: CORE MUSCLES

