

Ab and Back Strengthening Exercises

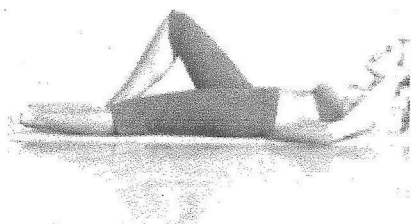
Workout at a Glance

What To Do

Perform the moves in the order listed. Hold each for 10 seconds, bracing your abs (as though a ball were going to hit you in the stomach), but don't hold your breath. Repeat 4 to 8 times. Try the Main Move first. If it's too difficult, do the Make It Easier option. Do this 15-minute routine once a day, at least an hour after you wake up, so your muscles are warm.

For Faster Results

Do 30 minutes of cardio, such as walking, jogging, or cycling, most days, with 1 long, 60- to 90-minute workout each week.



Main Move

Controlled Static Curl

Lie with Right knee bent, foot flat on floor, left leg extended, hands under lower back. Lift elbows and inhale deeply. As you exhale, contract abs and elevate your head, neck, and shoulders to raise shoulder blades a few inches off floor. Do not curl your head. Hold and lower, including elbows. Do all reps, then switch legs.

Make it Easier: Simply brace abs, hold, then release, keeping head on floor.