

FLAT ABS, FAST!

Can't stand crunches? Great! This trio of tummy toners is way more effective



1 PLANK PIKE

WORKS ABS, SHOULDERS, BACK

Start in plank position with forearms on floor and legs extended behind you, creating a straight line from head to toe. Raise hips until your body forms an inverted "V" (as shown). Return to plank for one to two breaths. Do 15 reps. Finish with a 30-second plank.

GO EASY Drop to your knees.
 FIT TIP Keep your navel in, abs engaged.

POWER OF PLANK
 This ab flattener improves balance and posture.

ATTENTION, all you busy ladies: There's a faster, more effective way to tighten your tummy. Give up crunches and sit-ups! Those traditional ab exercises only engage a fraction of the muscles that make up your core. To maximize your toning potential and burn calories in the process, try La's routine, designed to help you target *everything*. (You'll notice there's not a crunch in the bunch!) For best results, do the circuit two to three times, three times per week, and add 20 minutes of cardio most days.

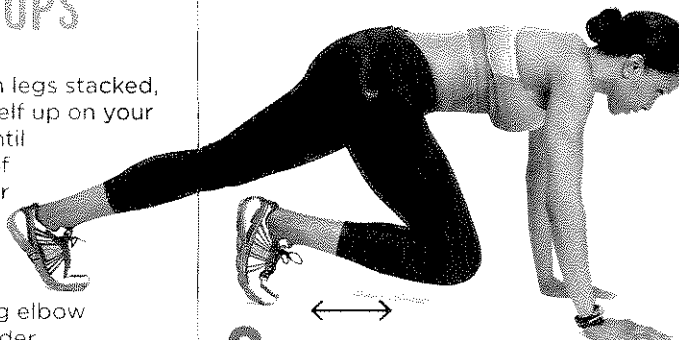
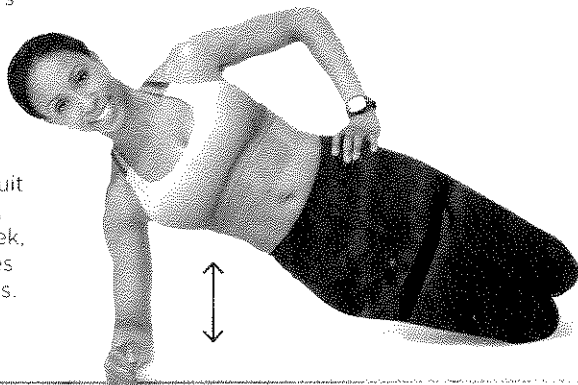
2 SIDE PLANK-UPS

WORKS ABS, SHOULDERS

Start on your right side with legs stacked, knees bent 90°. Prop yourself up on your right forearm and lift hips until they're in line with the rest of your body (as shown). Lower and lift hips for 15 reps. Switch sides: repeat.

AMP IT UP Straighten legs.

FIT TIP Keep your supporting elbow directly beneath your shoulder.



3 MOUNTAIN CLIMBER

WORKS ABS AND LEGS;
 COUNTS AS CARDIO

Start in plank position. Engage abs and quickly alternate bringing right and left knee toward chest (as shown). Keep it up for 45 seconds.

GO EASY Try the move with your hands on a bench or platform.

FIT TIP Count 1-2, 1-2, 1-2 to help you find a rhythm.