

GLAMOUR

Body by Glamour Bonus Workout: Get Flat Abs!

Add these three moves from Body by Glamour celebrity trainer **Ramona Braganza** to the end of any workout to really target your belly.



WHAT YOU'LL NEED FOR THIS WORKOUT:

No equipment—just you!

WHAT TO DO:

- Do one set of each move, then go back to the beginning and do another set, so you end up doing two sets of each exercise. (This is called a circuit).
- Log your workout in your **fitness journal**.

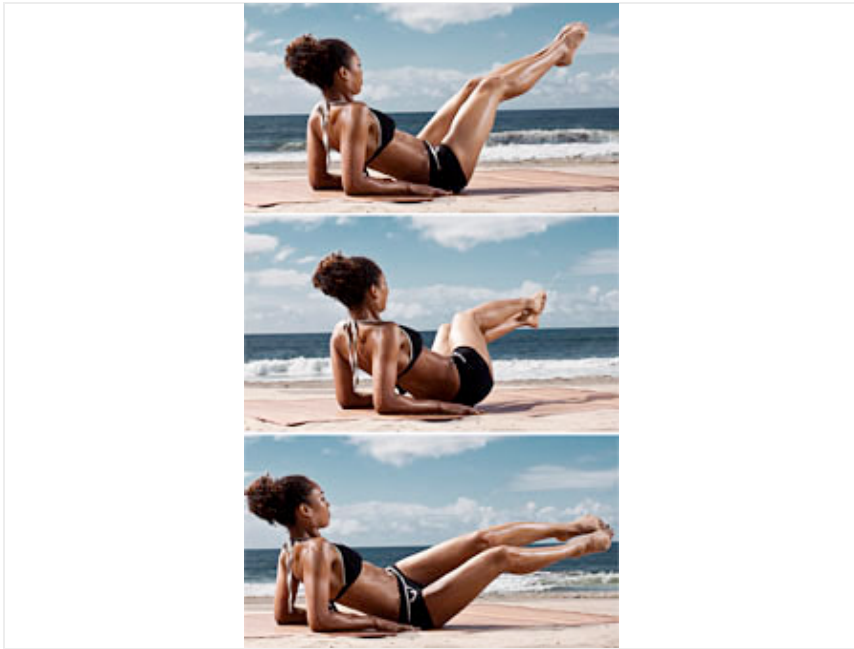


Extended arm crunch

(works your abs)

A. Lie on floor with knees bent, feet about hip-width apart, left hand behind head, right arm straight on floor behind head, palm facing up, as shown.

B. Pull abs in tight, exhale and slowly lift upper body and shoulder blades up off floor, keeping extended arm in line with your ear; pause, lower on an inhale and repeat. Do 10 reps, then switch arms and repeat.



Half circle

(works the front and sides of your abs)

A. Sit down on floor, lean back and prop yourself up on elbows, palms down. Pull abs in tight, press legs together, bend knees slightly and lift legs off floor at a 45-degree angle, as shown.

B. Slowly roll knees to your right, as shown, then immediately switch sides, rolling knees to your left in a fluid motion. That's one rep. Do 10 reps.



Plank

(works your abs, back, butt, hips, thighs and shoulders)

Get into a raised push-up position, with forearms resting on floor, palms down, abs pulled in tight. Keep body in a straight line from shoulders to heels, as shown. Hold for 20 to 30 seconds.

Ratings

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