

From yahoo

2 Killer Moves for a Flat Tummy



A **toned stomach** is like an amazing Chanel bag. It looks good, feels great and takes a ton of work to get it. Some of us were born with it, and some of us spend our whole lives **vying for** it. Plus, it's sexy.

We can't give you tips on buying a Chanel bag (other than save, save save!) but we can tell you the killer moves to get your stomach into shape. Just keep in mind that these exercises alone won't do it.

"A toned core will help your body age well in the decades to come, so it's crucial to build a strong one early on," says Valerie Orsoni, founder of LeBootCamp.com. "Also," adds GERALYN COOPERSMITH, senior national manager at Equinox Fitness Training Institute, "developing a fit core early in life sets you up for amazing posture and a pain-free lower back." (See: **4 Weeks to a Better Body**)



Killer Move: The Plank

Goal: To condition your entire core

Frequency: Four times a week

Directions:

- Get into a push-up position with your forearms on the floor.
- Lift your **legs** and torso up off the ground so that only your toes and the flats of your forearms remain on the floor.
- Keeping your back neutral and your belly button pulled in, hold this position for 20-60 seconds.
- Repeat for 3-5 sets.



Killer Move: Butterfly Abs

Goal: To work your deep abs while getting a flat, sexy stomach

Frequency: Four times a week

Directions:

- Sit comfortably on a gym mat or carpet with your legs crossed. Using your arms to support you, slowly lie back until your body is flat, keeping your legs crossed.
- Place your hands under the nape of your neck for support. Inhale through your nose, and raise your chest a few inches off the floor while exhaling through your mouth. Your chest should be moving up toward the ceiling, not bending forward to your knees. This should be a smooth, controlled motion.
- Repeat 25 times, and as you progress, move up to 50 times.
- **Tip: Do not push your head with your hands as this puts you at risk of injuring your neck.** The purpose of your hands is to keep your head in alignment with your back and shoulders. You don't want to curve your back.