



## Step 3 *Kick Up the Cardio*

While you're still losing weight, the best way to firm up your middle isn't to hit the floor for 100 crunches (pew!). Cardio, particularly interval aerobic training, is actually the most effective method for getting rid of belly fat. The key is to alternate 30-second bursts of brisk walking or speed walking with 30 seconds at a gentler pace during a 30-minute workout, says Suzanne Bowen, a certified fitness instructor in Nashville, Tennessee. However, if you're at or close to goal weight, you're ready to work on sculpting your midsection. If that describes you, proceed to Step 4.

**Can a good night's sleep help you look better in your jeans?** In a recent study, researchers found that those who skimp on sleep (less than five hours a night) have larger waists and more abdominal fat than those who sleep more.

## Step 4 *Get Sculpted!*

Once you've banished your belly fat, you can focus on toning those abs. The following moves, designed by Bowen, the creator and star of the *Gorgeous Core* DVD, will help you do just that! Do this workout every other day.

### FULL PLANK

Start in push-up position, keeping abs lifted so body forms a straight line. Lift left leg, bend knee and pull it toward left elbow, then return it to floor. Do this 8 times, holding your foot up in the air for a count of 8 on the last rep. Repeat with right leg.

### FOREARM PLANK

Lie facedown on floor and prop yourself up on elbows with toes flexed. Place forearms flat on floor with elbows directly under shoulders. Keep body (including neck) in a straight line by engaging abs. Hold for 30 seconds. Relax; repeat 8 times.



### SIDE PLANK

Lie on left side, propped up on left elbow, with elbow aligned under left shoulder and forearm on floor. Stack legs with knees bent and slightly in front of your hips. Pushing up from left forearm, lift hips off floor, then lower 8 times; on the last rep, hold hips up at the top for a count of 8. Relax; repeat on right side.

### HEEL TOUCHES

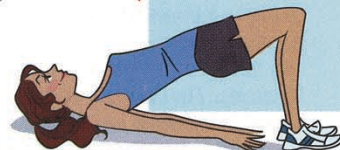
Lie on back with legs bent and arms out to sides. Drag heels toward butt and bring knees toward chest so that legs are parallel to floor. Lift chest and reach fingertips toward toes; pull belly button in toward spine. Hold for 1 count. Relax; repeat 8 times. Do 2 sets.

### BASIC CRUNCH

Lie on back, knees bent, feet flat on floor. Place hands behind head, elbows out. Slowly contract abs, lifting upper body until shoulder blades are off the floor. Slowly lower yourself, stopping an inch above floor. Do 3 sets of 8: one set lifting upper body to center, one set to right, and one set to left.

### BACK BRIDGE

Lie on back, legs bent, heels below knees. Lift hips off floor as far as you comfortably can, keeping them in line with thighs, and then lower. Relax; repeat 8 times.



**HOW ARE YOU DOING?** Send us your denim dish at [wwmeditor@weightwatchers.com](mailto:wwmeditor@weightwatchers.com).