

WISE WOMEN'S WORKOUTS

FIVE FABULOUS AB FLATTENERS

1. Curl up with Ring (or Pillow)

Place Ring (or Pillow) between thighs, arms straight overhead. Exhale, curl up and squeeze the Ring (or Pillow). 15 Reps.



2. Oblique Curl up with Ring (or Pillow)

Same position as above, except arms are on a diagonal. First, right arm on a high diagonal and left arm on a low diagonal – 10 reps. Then, left arm on a high diagonal and right arm on a low diagonal – 10 reps.



3. Overhead Arm Press with Ring (or Pillow)

Legs straight up at a 90 degree angle with Ring (or Pillow) between the ankles. Arms straight overhead. Exhale, curl up with fingertips pointing across the room down next to hips and squeeze the Ring (or Pillow) between the ankles. Curl down – legs stay up. Repeat 10 times.



4. Leg Lower

After last one above, stay curled up with fingertips pointing across the room. Lower legs 5 inches, exhale and raise legs back up to a 90 degree angle. Repeat 8 times.



5. Knee Changes

Curl up and alternate pulling knee to chest. 10 reps. Add a twist and do another 10 reps.

