

Flat Tummy Secrets!

Jump Start your Fitness with this Five Exercise Circuit for Your Living Room

Here's a workout that you can print off and use. This is a great workout that will help you jump start your fitness. You'll hit all the major muscle groups and address your cardiovascular fitness as well. Follow the waist whittling workout that follows to this great circuit.

The real key to fat loss is to add some HIIT, or high intensity interval training into your workouts. If you haven't worked out in a long time, you'll want to go easy for starters and consult with your physician before you begin - especially if you have had previous injuries or if you have special medical conditions. When you begin any type of new exercise, start off slowly and conservatively.

Here's the workout:

Start the session with a light warm up:

20 arm circles forward/backward
20 jumping or step jacks
20 knee pull ups to chest (standing)
20 calf raises on a step

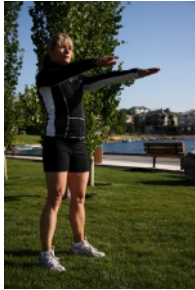
You will do five exercises: squats, push ups, stick ups, plank and stationary sprint. You will alternate a strength move with the stationary sprint. My suggestion is to start with 30 seconds of each strength exercise and work up to one minute of each exercise. Keep the stationary sprints short; you could start off with 15 seconds of this and work up to 30 seconds of the sprint, and it may even just be a march in place to begin. Increase intensity of the sprint as your workout progresses.

You will want to start off with one set; a set is the entire workout listed below. This set could take you up to six minutes if you do one minute of the **exercise** with 30 seconds of the sprint. Work up to three sets of this and you'll have a great workout in under 30 minutes.

1. Stationary sprint 15-30 seconds
2. **Squat 30 sec – 1 min**
3. Stationary sprint 15-30 seconds
4. **Push ups 30 sec – 1 min** (Be careful on getting to the ground and getting up- don't do this too quickly or you may experience some dizziness)
5. Stationary sprint 15-30 seconds
6. **Stick ups 30 sec – 1 min**
7. Stationary sprint 15-30 seconds
8. **Plank 30 sec – 1 min** (Be careful on getting to the ground and getting up- don't do this too quickly or you may experience some dizziness)
9. Rest 30 seconds to one minute
10. Repeat up to 3 times depending on your fitness level and energy.

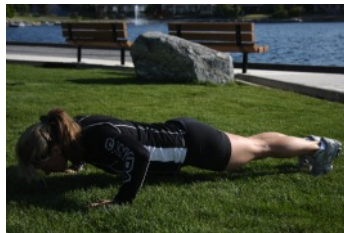
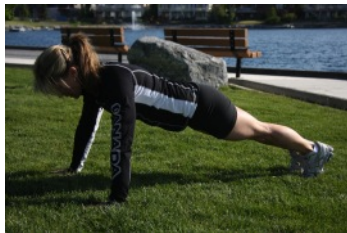
This is a perfect ‘small space’, ‘rainy day’ or ‘no time’ workout. Following you will find pictures and descriptions for each exercise. They are simple to do, but it’s important that you pay attention to detail listed to avoid injury.

Squat



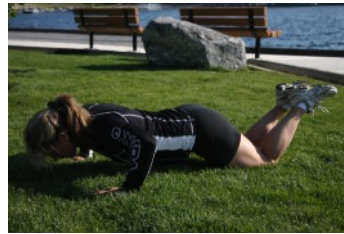
- Stand with legs hip width apart
- Sit butt down as if sitting in a chair
- Keep abs tight and eyes up
- Push off heels to return to standing position

Regular Push Up



- Get into plank position with hands wider than shoulder width
- Keep ears, shoulders, hips and ankles all in alignment
- Slowly lower chest toward ground
- Return to plank position

Modified Push Up



- Get into plank position balancing on the knees
- Keep ears, shoulders, hips and knees all in alignment
- Slowly lower chest toward ground
- Return to plank position

Stick Up



- Place heels, butt, shoulder blades and head against the wall.
- Place arms at a 90 degree angle with elbows on wall.
- Slide arms up wall slowly while keeping contact with the wall.
- Squeeze shoulder blades together and keep elbows, hands on wall at all times. Slide arms back to start.

Plank



- Get into plank position (shoulders over the elbows, ears in line with the shoulders)
- Keep back tight and tummy tucked in
- Ensure that hips are in line with shoulders and toes
- Keep shoulder blades depressed and retracted (down and back) so the upper back doesn't 'round'
- Ensure butt isn't in the air, with shoulders behind elbows
- Modify by dropping to the knees

Waist Whittling 6 Minute Ab Workout

Here's a quick core conditioning home workout for you. You can do it on its own when you have very little time to workout, or you can pop this routine into the end of your workout so that you can target that trouble area.

You will rotate each of these exercises (see following photos) for 30 seconds:

1. Knee Ins/bicycle crunch
2. Plank
3. Prone shoe touch
4. spider crawl
5. side plank left
6. side plank right
7. Rest 30 seconds
8. Repeat exercises #1 through #6

Knee ins/Bicycle Crunch



- In face up, prone position, lift opposite elbow to opposite knee
- Try to lift shoulder off the ground while twisting at the waist
- Try to fully extend leg, (more difficult if the extended leg is lower to the ground, more modified by lifting the leg higher or placing the opposite foot on the ground)
- Repeat on the opposite side

Plank



- Get into plank position (shoulders over the elbows, ears in line with the shoulders)
- Keep back tight and tummy tucked in
- Ensure that hips are in line with shoulders and toes
- Keep shoulder blades depressed and retracted (down and back) so the upper back doesn't 'round'
- Ensure butt isn't in the air,

Prone Shoe Touch



- In face up, prone position, pull heels in tight to butt
- Lift shoulders slightly off the ground, neutral spine (ears in line with shoulders)
- Try to reach to touch same hand to same toe
- Repeat on opposite side

Spider Crawl



- Get into plank position
- Slowly draw one knee towards chest
- Try to keep toe off the ground
- Return the leg to starting position
- Repeat on opposite side
- Ensure the shoulders are directly over the hands
- Keep hips down
- Keep tight abs through out movement

Side Plank



- Stack feet (or modify by drawing toes back and stacking knees)
- Lift hip off the ground, taking weight on one elbow
- Keep shoulder over shoulder
- Body needs to be in align-shoulder, hip, knee and toe
- Intensify by raising hand over top shoulder

For more fat burning idea and fun 'at home' workouts, head to www.FemaleFatLossOver40.com

Enjoy this workout!

Sincerely,
Shawna Kaminski
Female Fat Loss Over 40 Expert