

ABS

This easy 15 minute workout is an efficient and effective way to melt belly fat, improve core strength, and uncover your carved stomach. For best results, tack these moves onto the end of your regular routine or do them as a separate workout three to five days per week. You could even do it during the ad breaks on your favourite TV shows, but for best results, do it all at once within 15 minutes.

You'll need: Mat, jump rope (optional)

1. Kick off the workout by doing a cardio activity:

Jump rope, jumping jacks or knee touches for 30 seconds to get your heart rate up. You'll repeat this quick cardio burst after every exercise in the circuit.

2. V-Sit Ups



- A. Lie face up with your hands by your side, palms down.
- B. Lift your left leg off the ground as you engage your core and raise your upper body, reaching your right hand to the outside of your left leg.

Lower your body back to the floor and repeat with your right leg and left hand. Continue alternating legs for 30 seconds.

For beginners, ensure your shoulder is off the ground and reach your hand towards your leg as high as possible.

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3. Cardio for 30 seconds.

4. Plank, knee to elbow



- A. Position your hands below your shoulders and your feet hip-width apart.
- B. Keeping your hips level and your core braced, lift your right leg and draw your right knee in toward your left elbow.
- C. Return your right foot to original position and repeat on the other side, lifting your left knee in toward your right elbow.

Continue alternating legs for 30 seconds.

For beginners, start with your knees on the ground instead of being in your toes and perform the rest of the exercise as instructed.

5. Cardio for 30 seconds.

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Nature's Way

SlimRight

1 2 3
Accelerator
Program

6. Pilates 100



- A. Lie face up in table top position, hands by your side.
- B. Lift your head, shoulders, and upper back off the ground, and begin to briskly pulse your arms, taking long, deep breaths (inhale for 10 pulses, exhale for 10 pulses). Engage your core the entire time and only move your arms during the exercise.

Continue until you get to 100 arms pulses.

For beginners, do 50 arm pulses.

7. Cardio for 30 seconds.

8. Slow bicycle



- A. Lie face up with knees and hips bent 90 degrees. Place your hands behind your head and lift your shoulder blades off the mat.
- B. Extend your right leg straight and bring your chest toward your bent left knee, keeping your elbows out wide.
- C. Come back to center and switch sides, extending your left leg straight, bringing your chest up to your bent right knee.

Inhale at the center and exhale as you twist your upper body toward your knee. Continue alternating legs for 30 seconds.

For beginners, twist your upper body as much as you can if you can't bring your elbows to touch your knees.

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9. Cardio for 30 seconds.

10. Side plank with leg lift



- A. Lie on your left side, feet stacked and prop your upper body up on your left elbow and forearm. Brace your core and raise your hips until your body forms a straight line from your ankles to your shoulders.
- B. Keeping your hips high, raise your top leg as high as you can, toe pointed forward. Keep your leg straight and upper body completely still. Lower your top leg and repeat.

Do 10 reps then switch to the right side.

For beginners, rest your hips on the mat and raise your legs slightly over hip level.

Complete the whole circuit 3 times, resting for 30 seconds before starting each circuit.