

(10)
MINUTE
WORKOUT

Dance away ab flab

BY JOCELYN ANDERSON

BELLY DANCERS AREN'T just wiggling and jiggling their hips; they're getting an ab workout that sculpts almost every single muscle in their core—even the hard-to-target, deep transverse abdominals, says Rania Androniki Bossonis, author of *Belly Dancing for Fitness* (Fair Winds Press, 2004). Do this 10-minute routine once a day and you'll shimmy your way to a sexy stomach.

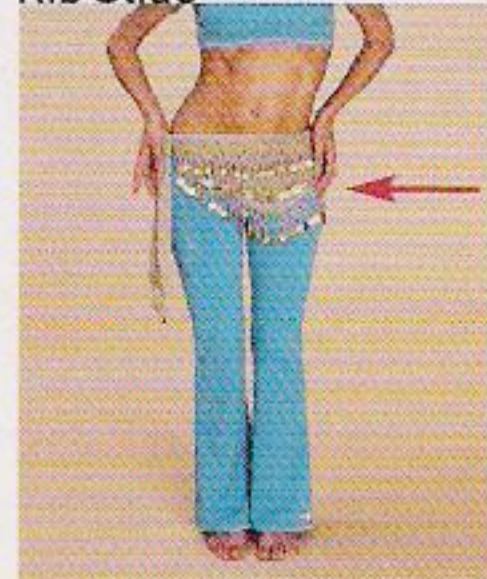


Minutes 0:00–1:30

RIB SLIDE

(targets rectus abdominus and obliques) Stand with hands on hips and feet together. Move just your ribs to the left, then back through the center of your torso and to the right. Continue moving from side to side.

Rib Slide

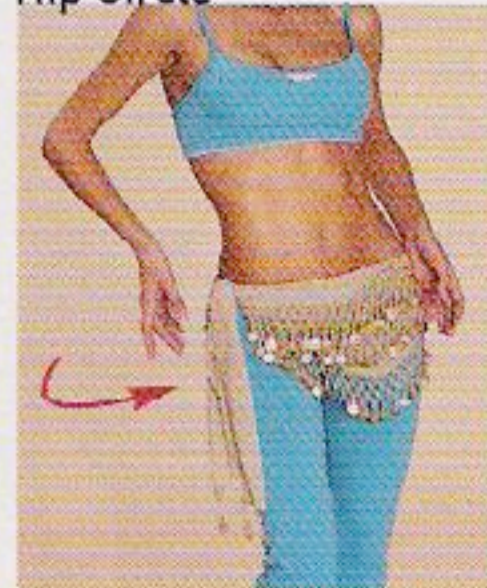


Minutes 1:30–3:00

HIP CIRCLE

(targets obliques and glutes) Standing with feet hip-width apart and arms slightly lifted at sides, shift your hips to the left, as if you were hula hooping; then move them in a circular motion to the front, right and back. Repeat in the opposite direction; continue alternating.

Hip Circle

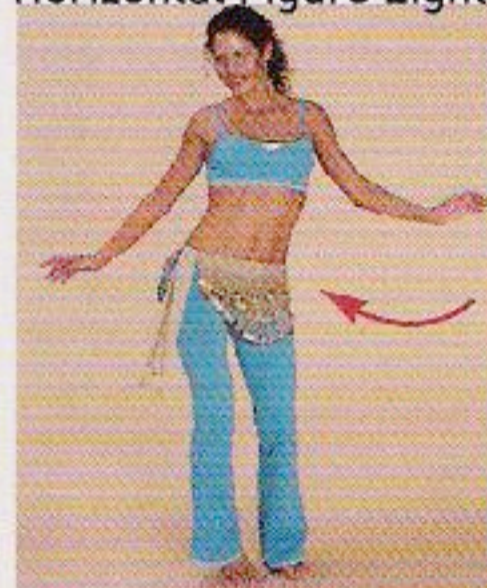


Minutes 3:00–4:30

HORIZONTAL FIGURE EIGHT

(targets lower portion of rectus abdominus) Stand with arms out to sides and feet hip-width apart. Lean right hip diagonally forward. Shift it to the right side, then around to the back and center. Repeat with the left hip and continue alternating, as if your hips were drawing a figure eight on the floor.

Horizontal Figure Eight

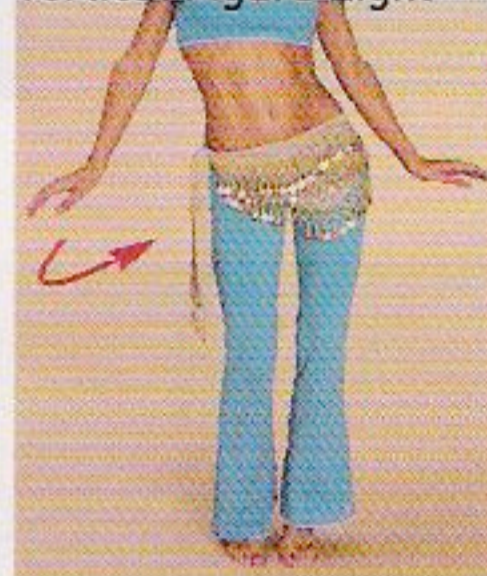


Minutes 4:30–6:00

VERTICAL FIGURE EIGHT

(targets lower portion of rectus abdominus and obliques) Lift left hip and heel and lean to the right. Drop hip and heel, returning hips to center. Repeat to right side. Now combine both sides into a smooth motion. Imagine you're drawing a figure eight on the wall in front of you with your belly button.

Vertical Figure Eight

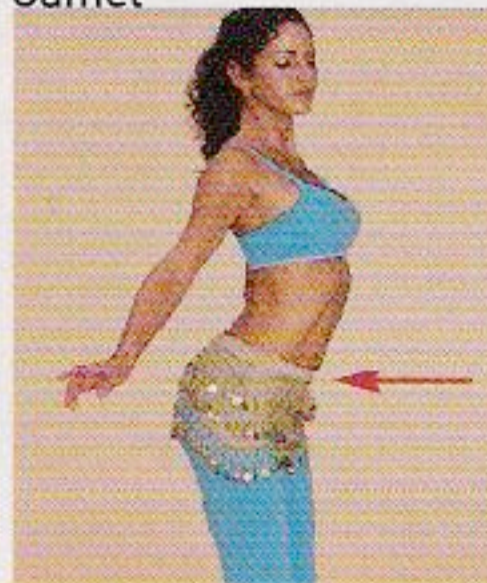


Minutes 6:00–8:00

CAMEL

(targets rectus abdominus) Press chest forward while drawing back shoulders and arms and arching your spine. Reverse this motion by pulling abs in, tucking pelvis and bringing shoulders forward. Continue alternating to create a rippling S with spine.

Camel



Minutes 8:00–10:00

BELLY ROLL

(targets rectus abdominus) (Not shown.) Stand with arms out to sides and a few inches behind you. Inhale and expand your rib cage, then pull in the lower portion of your abdominals. Reverse the motion by relaxing and expanding your lower belly as you draw in your upper belly. Alternate between the two movements, creating an undulating wave with your abdominals.