

# Burn 300 calories *with yoga!*

Flat abs can be yours in the comfort of your own home. All it takes is 12 minutes...and it's easy on the wallet!

BY PEGGY HALL | PHOTOGRAPHY PAUL BUCETA

If you think yoga is only about stress relief and stretching, think again. This centuries-old practice can serve as a rigorous workout. With an emphasis on breathing and correct alignment, our exclusive abs-fabulous plan consists of six yoga-inspired moves that will give you flatter, fitter abs in just 12 minutes a day, two days a week.

The beauty of this routine is that it can be done anywhere, anytime, at zero cost – other than your own sweat equity! Also, you'll hit your abs from every angle for balanced muscular development and optimal strength. You'll feel results after your very first workout (we promise!).

Perform the following moves in the order listed, with

no more than 30 seconds of rest between the exercises. Start with one circuit but we expect you to get to three of them. You'll burn about 100 calories for each circuit you perform (that's 300), but you'll get more than just fat-burning – the benefits of building lean muscle will keep on giving long after your yoga workout is completed. So grab a mat!





**BONUS:** Not only does yoga help you develop a stronger, more flexible and balanced body, it also promotes a sense of calm and well-being. The Mayo Clinic reports that people who practice yoga experience less stress and anxiety and have a more peaceful attitude. One of the keys is focus – the smooth, precise movements require a particular concentration; the kind of rhythm that moves you away from the frenetic feel of your day.

**YOGA TOP TIP:**  
You don't have to be ultra flexible to try yoga. This exclusive workout is for all levels and is surprisingly intense.

## YOGA TOP TIP

Focus your awareness on the muscles you're working.

### u-move >>

**TARGET MUSCLES:** transverse abdominis, rectus abdominis

**SET UP:** Start on your back. Extend your arms and legs toward the ceiling, palms facing each other. Your body is in a "U" shape; keep your feet aligned with hips and your hands aligned with your shoulders.

**ACTION:** Contract your abs, draw your belly button in and raise your hips an inch off the floor. As you exhale, reach your head and shoulders off the floor as your fingertips reach up. Maintain the "U" shape throughout. (You're not trying to touch your fingers to your toes). Hold for three seconds, keeping only the back of your waistline on the floor. Inhale and return to the start position, but move slowly and resist the pull of gravity. Repeat for 10 reps.

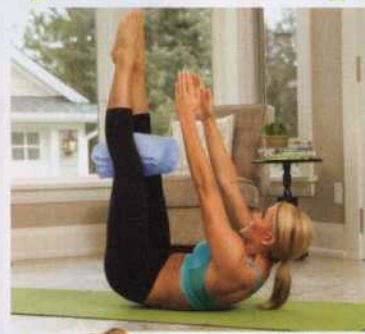


#### MAKE IT EASIER:

Keep your head and shoulders on the floor and just lift your hips.

#### MAKE IT HARDER:

Place a yoga block or rolled-up towel between your thighs and squeeze it as you execute the move.



A



#### MAKE IT EASIER:

Keep your knees bent or use your hands to support your legs.

#### MAKE IT HARDER:

It's hard enough! But increase the number of reps to 10-12.

B

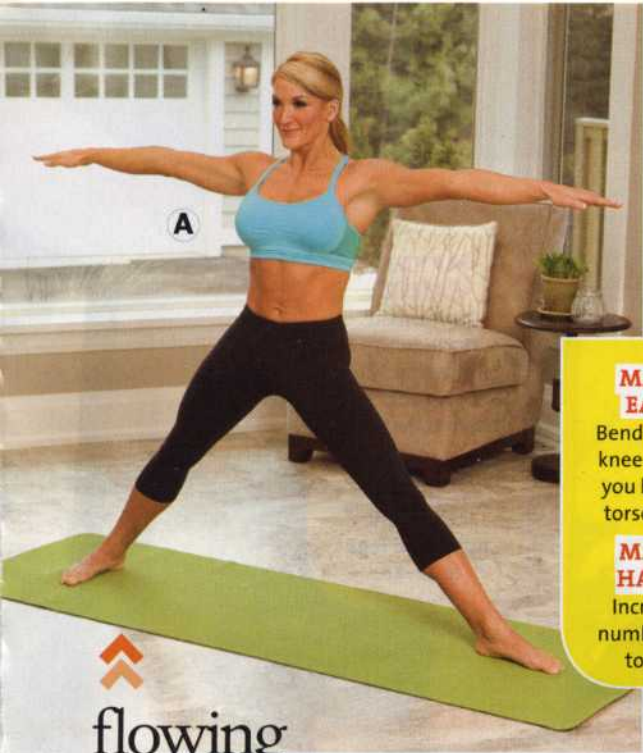


### << rowing boat

**TARGET MUSCLES:** transverse abdominis, rectus abdominis

**SET UP:** Sit on a mat with your legs extended, hands at your sides. Keep your spine straight and chest lifted [A].

**ACTION:** Raise your legs into a "V" shape as high as you can. Extend your arms in front of you at shoulder height [B]. Maintaining this position, interlace your fingers behind your head [C]. Inhale and hold, then lower back to the start position. Repeat for 6-8 reps.



**MAKE IT EASIER:**

Bend your front knee slightly as you bring your torso back up.

**MAKE IT HARDER:**

Increase the number of reps to 12–15.



## flowing triangle

**TARGET MUSCLES:** obliques

**SET UP:** Stand with your feet wider than shoulder-width apart. Keep your right foot facing forward and turn your left foot to the left. Extend your arms at shoulder height and keep your torso facing front **[A]**.

**ACTION:** Inhale and reach your left arm and rib cage as far to the left as possible, then hinge at your waist as you reach your fingers toward the ground in front of your shin **[B]**. Exhale and contract your abs to bring your torso upright to the start position. Move slowly and with control. Repeat for 8–10 reps then switch sides.



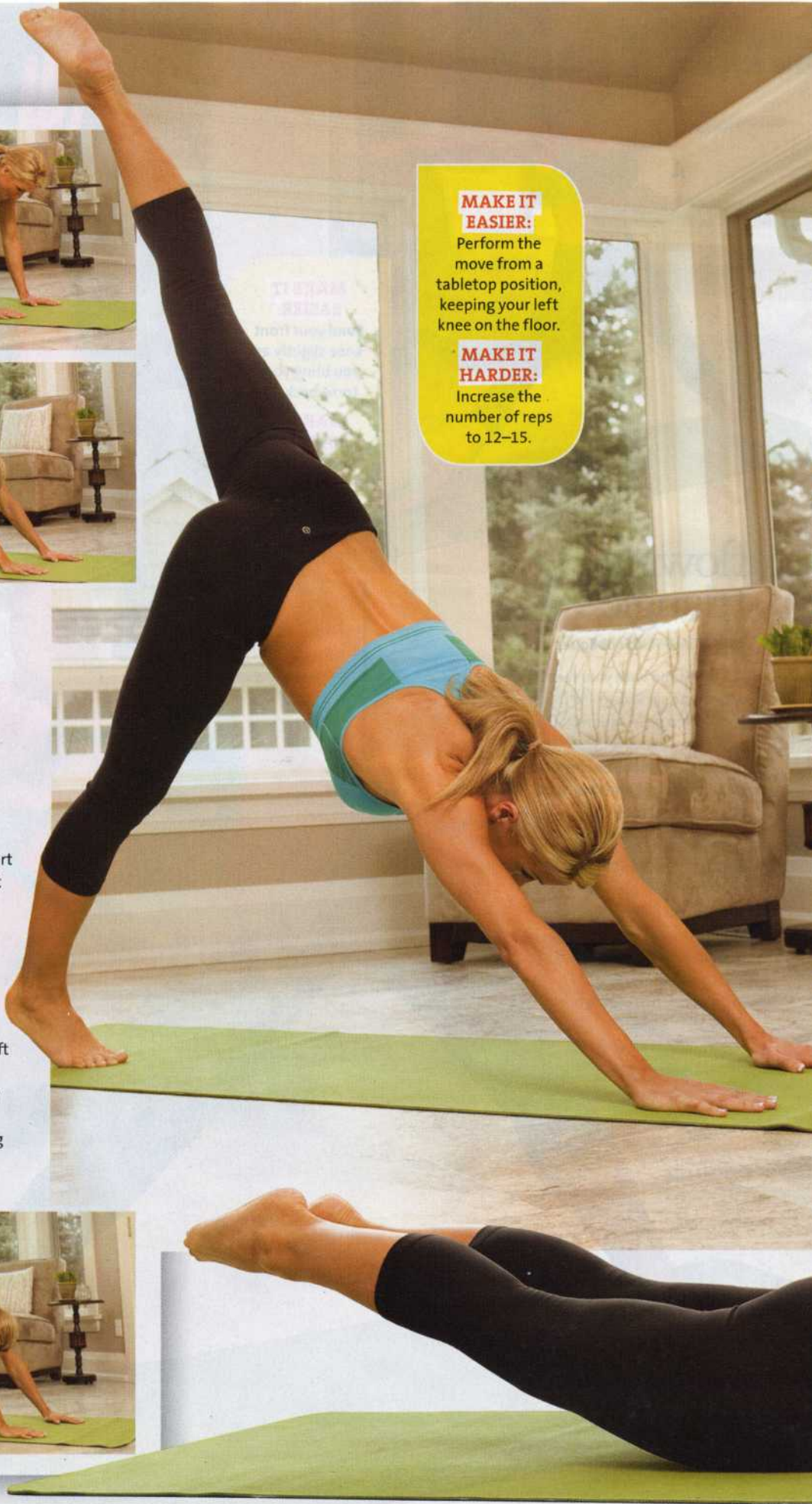


## moving downward dog

**TARGET MUSCLES:** transverse abdominis, rectus abdominis

**SET UP:** Start on all fours with your hands shoulder-width apart and your knees hip-width apart [A]. Lift your knees, straighten your legs and press your body into downward-facing dog (an inverted "V" shape) [B].

**ACTION:** As you inhale, lift your left leg as high as you can [C]. As you exhale, draw your left knee toward your chest as you round your spine and shift your weight forward [D]. Inhale and press back, keeping your left leg lifted, and repeat for 8-10 reps before switching sides.



**MAKE IT EASIER:**

Perform the move from a tabletop position, keeping your left knee on the floor.

**MAKE IT HARDER:**

Increase the number of reps to 12-15.

Burn 100 calories for every circuit performed and build lean muscle!



## marching chair

**TARGET MUSCLES:** transverse abdominis, rectus abdominis

**SET UP:** Stand with your feet slightly closer than hip-width apart, toes pointing straight ahead. Keeping your spine straight, hinge at the hips as though sitting in a chair. Extend your arms overhead, shoulder-width apart, palms facing each other [A].

**ACTION:** Maintaining this position, lift your left knee as high as you can as you exhale [B]. Inhale and lower your leg; exhale and repeat with your right leg. Continue alternating legs until you've completed 20 lifts (10 each side).



**MAKE IT EASIER:**

Place your hands on your hips instead of keeping them raised overhead.

**MAKE IT HARDER:**

Perform the moves while keeping your heels lifted, balancing on the balls of your feet.



## flying locust

**TARGET MUSCLES:** erector spinae, glutes

**SET UP:** Lie on your stomach with your legs extended on the floor and your arms reaching out in front, fingertips touching, forehead resting on the floor (not shown). Raise your arms and legs off the floor at the same time [A].

**ACTION:** As you inhale, sweep your arms back toward your legs, palms facing each other and hands a few inches off the floor. Lift your head, chest and legs, squeezing your glutes [B]. Exhale and return to the start position. Repeat 8–10 times, making sure the action comes from your back and glutes, not your head and neck.

**MAKE IT EASIER:**

Keep your arms at your sides instead of reaching them in front.

**MAKE IT HARDER:**

Let your head be heavy and keep looking toward the floor as you lift your chest. Ⓞ

