

Three Tummy Toners

Beginner – Side Extension

Targets shoulders, core, obliques.

Stand with feet hip-width apart, knees slightly bent, holding water bottle with both hands overhead, shoulders down. Lean upper body slightly forward and to the right. Hold for 2 breaths. Return on left side. Do 10 reps, alternating sides.

Intermediate – All-four

Targets arms, core, legs.

Lie face up with legs lifted over hips, feet flexed. Extend arms over shoulders, palms in. Engage abs, and lower left arm and right leg toward the floor, without arching back or shrugging shoulders. Lift back up. Do 10 reps. Switch sides and repeat.

Advanced – Bent Knee Roll-up

Targets abs.

Lie face up with knees bent, feet hip-width apart on floor. Hold water bottle in both hands with arms extended behind head. Lift bottle 6 inches. Slowly peel upper body off mat, keeping arms extended, knees bent and feet planted. Come to a seated position with a straight back. Do 10 reps.