

Beginners: Waist Cincher

WAIST CINCHER works abs, obliques, hips

Stand with feet hip-width apart, one weight in both hands, arms extended at chest level, elbows soft (as shown). Keep lower body still as you rotate torso and weight to left, then right, for one rep. Do 12 reps. **MAKE IT EASIER** Lose the dumbbell. **MAKE IT HARDER** Let your feet pivot as you twist hips to increase the range of motion and work even more of your core.



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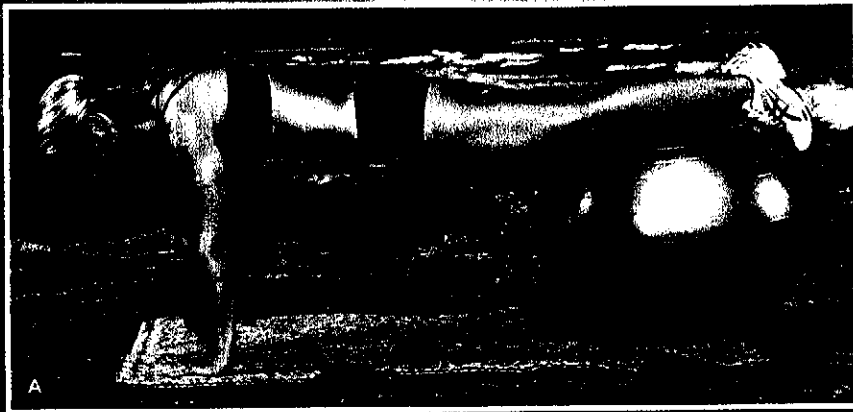
See the video at Self.com.

CHALLENGE MONTH 2

7

WORKS CORE

Get in push-up position with shins on a stability ball, wrists aligned under shoulders, and body straight from head to heels [A]. Contract abs as you roll ball forward, drawing knees toward elbows [B]. Straighten legs to return to starting position and repeat.



Intermediate Ball Plank

