



CHEAT'S GUIDE TO... AMAZING ABS

We asked fitness trainer Melissa Tuck* to share her top-six easy ways to help you get a tighter tummy.

FIRST THING IN THE MORNING

You can do this before you get out of bed. Raise both legs and your upper body simultaneously, keeping your legs straight and your arms out to the side for balance. Hold for six seconds, then slowly return to the start position, contracting your abs at the same time. Do this five to 10 times for maximum results.

ON YOUR WAY TO WORK

This simple exercise works the deep stomach muscles. Practice drawing your belly button in towards your spine as if you were doing up a tight pair of jeans and hold it for five counts, breathing normally, then relax. Do this up to 10 times, gradually increasing the time you hold to 20 counts.

IN FRONT OF THE TV

Lie on the floor with your legs bent, your feet flat on the floor and your arms crossed in front of your chest. Lift your head and shoulders off the floor, curling your upper body towards your knees. Pull your belly button in, contracting your stomach at the top of the movement. Try three lots of 20 reps.

IN A COMMERCIAL BREAK

Sit on the edge of the sofa, hands resting either side of you. Breathe out while slowly raising both your knees up to your chest. Tighten your abs, hold for one count, then slowly lower your legs – stopping one inch from the ground – before raising them again. Repeat up to 10 times.

WHILE RUNNING A BATH

Sit with your back straight and tilt your pelvis slightly forwards, pulling your belly button in to tighten your abdominals. Then rotate your hips forwards, hold for about 10 seconds, and release the squeeze. Repeat eight to 12 times for a flatter tummy – without anyone even knowing.

BEFORE BED

Lie flat on your stomach, placing your hands on either side of your chest, with your elbows tucked in. Keep your back flat and push yourself up onto your toes so your whole body is off the floor. Pull your belly button in as much as you can, breathe normally, and hold for as long as you can. Rest and repeat twice.



SEXERCISE SECRET LEAN LEGS: With your man sat in a chair, straddle him with both your feet on the floor and your legs wide apart. During sex, control the pace, raising yourself up onto your tiptoes and down again. After a few minutes, you should start to feel this in the back of your thighs and calf muscles. Enjoy!

easy fitness? If you don't want to go to the gym, here are some simple at-home fitness tricks for you to try...

CARDIO: Cardiovascular exercise is essential for burning fat. And a cheap alternative to the gym is a skipping rope. Skipping improves your stamina and fitness levels, as it gets your heart racing, burns calories and tones your legs. Just 15 minutes of skipping will burn up to 150 calories – and you'll have fun.

STRENGTH: Don't drain your wallet on dumbbells – there are plenty of household items that will work just as well. Four-pound bottles of bleach (make sure the tops are secure!) are great for arm exercises. Use them for bicep curls and shoulder raises. Two lots of 15, three times a week, will give you tone and definition in no time.

FLEXIBILITY: Doing a few stretches will get your circulation going and make your body more supple. All you need is an elasticated belt. Tie it round your ankles, lie on your side, and lift your top leg upwards to exercise your inner thighs. After exercise, stretch by gently parting your legs as far as you can.



"My schedule is so erratic that squeezing in a workout is tricky. Exercising early is the best bet."
Actress Julia Roberts