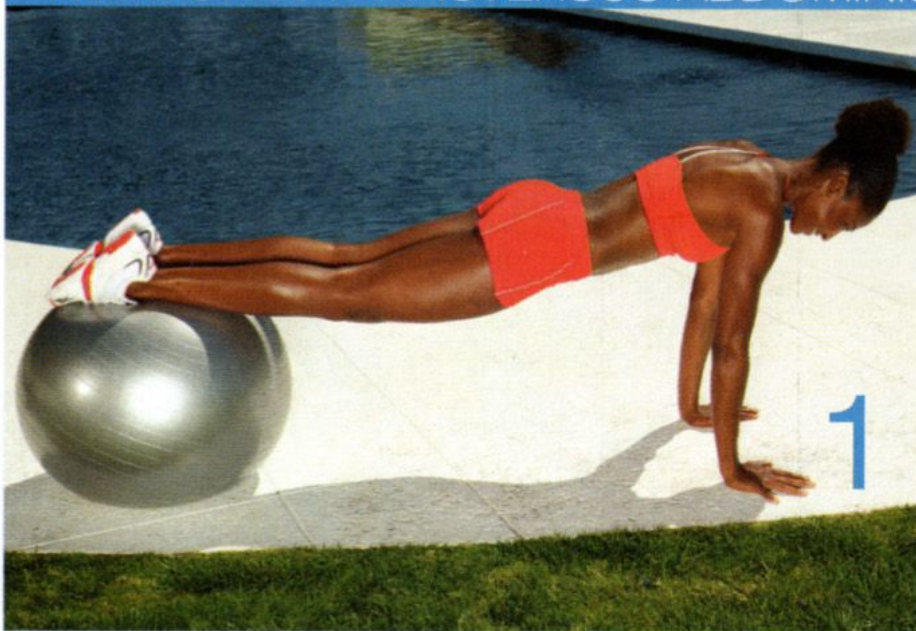


**HOW IT WORKS:** For jaw-dropping results, you need to think outside the box. “Exercises that work every angle of your core not only give you incredible abs, they also improve your posture and reduce your risk of injury,” says trainer Jeremy Cheung, owner of Twisted Twilight Personal Training in San Francisco, who put together our routine. **To keep challenging your body (the key to results!), choose one move from each color-coded group, doing an abs circuit of one blue, one green, one yellow and one pink to hit every zone.** “Your 4-Week Plan,” on page 83, shows you how to structure your workouts: You’ll do abs at least three times a week and follow our cardio, strength-training and nutrition recommendations.

**WHAT YOU’LL NEED:** A stability ball, a pair of 2- to 5-pound dumbbells and a mat.

## THE ZONE: TRANSVERSUS ABDOMINIS\*

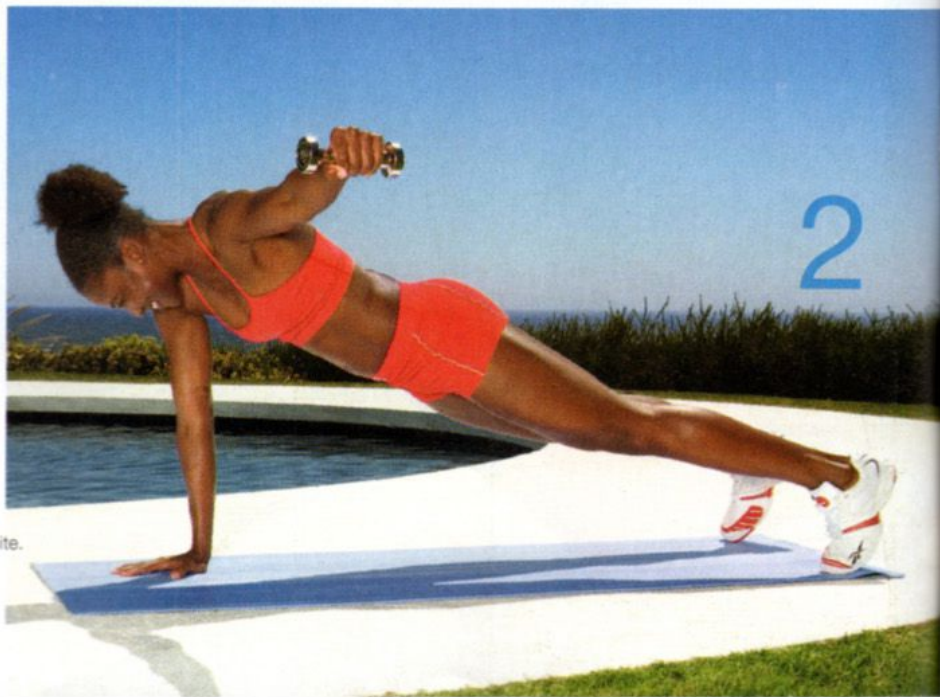


### Scramble Ball

Get into plank position with hands under shoulders, legs extended, back straight and feet on top of a stability ball, forming a line from head to heels. Keeping abs tight, roll ball under feet to spell out the letters of the alphabet. Aim to spell up to O. As you advance, try to make it all the way to Z.

### Horizontal Plank

Get into plank position on mat (hands under shoulders, legs extended, feet hip-width apart, back straight, abs engaged), holding a dumbbell in left hand. Slowly lift left arm straight out to side at shoulder height, keeping hips and core still. Lower arm. Do 10 reps, staying in plank. Switch arms; repeat.



\*See “Your Abs Explained,” opposite.

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