

Tone your belly

Cut to the core in 15 minutes

Every move in this workout strengthens the muscles of your abs, back, and hips. But this core routine also loosens your hamstrings, lower back, calves, hip flexors, and other areas, so you'll finish feeling stronger *and* stretched. Perform the workout as a circuit, moving from one exercise to the next without rest. Pause 60 to 90 seconds after each circuit, and do three circuits in all. Do the workout 3 days a week, taking at least a day off between workouts.

PIKE WALK

Stand with your legs straight and your hands flat on the floor. (You'll probably need to begin with your hands a couple of feet in front of you).

Keeping your legs straight, walk your hands forward as far as possible. Concentrate on keeping your stomach tight, with your navel pulled in toward your pelvis. Then take tiny steps to walk your feet forward to your hands, ending in the starting position.

Repeat the movement for a set of five repetitions.

STRAIGHT ARM SIDE BRIDGE

Lie on your left hip with the outer side of your left leg flat on the floor and your upper body propped up on your left arm. (The arm should be straight, palm on the floor.)

Pushing against the floor with your left arm, raise your hips and legs off the floor and simultaneously lift your right arm straight up in the air so your body forms a T. Hold for a second, then lower your hips and right arm.

Do six repetitions per side.

GLUTE BRIDGE WITH ABDUCTION

Lie on your back with your knees bent, feet flat on the floor.

Raise your hips so your lower back is off the floor. Then, holding this bridge position, straighten your right leg and move it out to the side as far as possible. (Don't let your hips drop.) Slowly bring the leg back in, lower your foot to its starting position, and slowly lower your hips to the floor.

Do six repetitions to each side.

HINDU PUSHUP

Start with your feet shoulder-width apart and your bum high in the air. Look back at your heels.

Bend your arms at the elbows, moving your head toward the ground while keeping your legs straight. Then lower your hips (but don't allow them to touch the floor) as you push up with your arms. Finish with your head up and your back arched.

Do eight to 10 repetitions.