

Done in  
**10**  
Minutes

**THE PLAN**

Do our four moves three times a week to see more definition in a month or less. For fast results, add 20 minutes of cardio.

CONSULTING TRAINER  
STEFAN OVERGAARD

# TOTAL CORE MAKEOVER

Tighten and tone your abs, obliques and back just in time to reveal your best beach bod (no crunches required!)

## Dead Bug

Lie on your back, arms and legs straight up in air. Bring hand toward opposite foot, keeping both as straight as possible. Hold for 1 count and return to start. Repeat on other side. Do 8 to 10 reps.

**PERFECT YOUR FORM:** Engage upper abs throughout move. You shouldn't feel too much tension in your neck.

**DIAL IT DOWN:** Add a slight bend to legs.

**AMP IT UP:** Hold for 2 counts and increase reps.



## Lateral Walking Plank

Start in plank position with elbows under shoulders, feet hip-width apart. Step right foot and arm out to right, pause, then step left leg and arm to the right. That's 1 rep. Repeat, stepping left leg and arm out to left, then follow with right arm and leg. Do 8 reps.

**PERFECT YOUR FORM:** Avoid sticking your bum up in the air.

**DIAL IT DOWN:** Hold plank for 45 to 60 seconds.

**AMP IT UP:** Hold a light pair of weights in each hand.



## Windshield Wipers

Lie on your back with arms out to side for stability and legs extended straight up, perpendicular to floor. Keeping legs straight, rotate to one side, lowering legs toward floor as much as possible. Pause for 1 count and return to start. Repeat on opposite side. Do 10 reps.

**PERFECT YOUR FORM:** Focus on engaging your obliques. The slower you go, the better.

**DIAL IT DOWN:** Bend knees.

**AMP IT UP:** Increase reps.



## Side Plank Leg Raise

Start on side, with bottom leg bent and top leg hovering just above floor. Rest forearm on floor, shoulder stacked above elbow. Keep hips up and lift top leg high. Pause for 1 count and return to start. Do 10 reps. Repeat on other side.

**PERFECT YOUR FORM:** Keep top hand on hip for stability.

**DIAL IT DOWN:** Rest leg on floor for 1 count between reps.

**AMP IT UP:** Hold a light hand weight in top hand, resting arm on top leg.

