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Belly exercise video

Pam Peeke: Hello, I'm Dr. Your belly is getting so big that it has its own zip code? Having trouble closing your skinny jeans with no lumps of fat in the belly appearing? Problem solved. Let me help you achieve a real waist control. Let's use an abdomen ball and a rug. Make sure you have enough room to spread out. Let's start with a waist crisis. Sit on the exercise mat. Now, what I want you to do is lie back. Take your hands and gently place them to the side. Raise your legs, knee bent. This is the beginner's position. For people who are more advanced, you can extend your legs completely. Straight up. And all you're going to do is get up. See what I just did? So simple. And then bring it back down. There's nothing in it. Nice and easy. And wait. And straight down. It would be great if you could start with five repetitions and work your way up to 10, and three sets of 10 over time. Be patient. Start that patience pill. Now, while we're at it, I'm going to show you a secret. And the secret is the bike crisis. We love multitasking. This will take care not only of our rectum abdominis, but of our obliques at the same time. We have a lot of abdominal muscles here to deal with. So all you have to do is tie your hands behind your neck, and then get up a little. Knees bent, and then straighten the left leg, keeping the right bent. You will combine your right elbow with your left knee. Take a look at this. Let's go cycling. Here we go! A... Two... Three. See how simple that is? I can feel it. What about you? Again, you will start with five big repetitions, gradually increase to three sets of 10, and boy, you will see some results. : Speaking of which, let's jump into an ab ball, and I'll show you an ab crunch. Right out of the ball. What you're doing here is allowing the ball to support your back. Tie your hands behind your neck, and you'll do the same thing again. Engage your core. Take him upstairs. Oh boy, can you feel that? That's what I'm saying. That's your rectum abdominis working again. And again, you're looking for five big replays, gradually increasing to 10 for three sets. And you can really have fun with it. Can you, for example, hold a medicine ball - or how about some weights too? Again, you start with five repetitions and work your way up to 10 repetitions. And eventually three sets of 10. Remember that maintaining good shape is key. Mix it using more than one exercise, and practice engaging your core every day with all your activities. That's the secret to meting your muffin blouse and your menopot. You can make healthy changes in your diet and body, and WebMD can help. Use the WebMD Food and Fitness Planner to track your progress. The truth about the 5 Ways to Beat Bad Breath Why Orgasms Feel Good

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