


# Tummy Tighteners


Try to do these exercises 3 times per week taking about 5-8 minutes each time. You don't need to warm up or cool down – just choose a comfortable surface and off you go.

Perform enough repetitions to make the stomach work but not producing any stress on the back.


## Leg lowering – feet start in the air with knees over belly button

	<ul style="list-style-type: none"> <li>• Keep your back flat to the floor</li> <li>• Stomach pulled in</li> <li>• Slowly lower and then return one leg at a time</li> </ul>	<p>Repeat 10 - 30 times for each leg.</p>
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## Leg raises – feet start on floor with knees bent

	<ul style="list-style-type: none"> <li>• Keep your back flat to the floor</li> <li>• Stomach pulled in</li> <li>• Slowly raise R leg then L leg. Then lower R leg then L leg</li> </ul>	<p>Repeat sequence 10 - 30 times</p>
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## Sit ups – feet on the floor with knees bent

	<ul style="list-style-type: none"> <li>• Stomach pulled in</li> <li>• Slow sit ups</li> <li>• Add pulses at the end of sequence to make it harder</li> </ul>	<p>Repeat sequence 10 – 30 times.</p>
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## Twisting Sit Ups – feet on the floor with knees bent

	<ul style="list-style-type: none"> <li>• Stomach pulled in</li> <li>• Perform sit ups taking opposite shoulder towards the opposite knee</li> <li>• Repeat right then left.</li> </ul>	<p>Repeat sequence 10 – 30 times.</p>
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For more exercises look at [www.getfitwithtessa.com](http://www.getfitwithtessa.com) and click on the 'Legs, Bums & Tums' tabs.

Note: Please consult your GP if you have any concerns about your health/ fitness related to these exercises.

Tessa Chiswell Jan 2012

Enjoy!

Tessa.  
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