

Target Reduction – ‘Muffin Top’

If you want to lose excess fat around the waist, first and foremost you need to be “calorie burning.” Speak to one of our experts about incorporating High Intensity Interval Training into your weekly schedule.

At the same time, you should be targeting the midriff area with exercises that look to strengthen the core and shapes the trunk muscles. Have a look at some suggested exercises below.



1. Plank

Key Points:

- Keep your back flat, in a straight line from head to heels.
- Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle.
- It is important to constantly squeeze your abs to hold the position.



2. Pelvic Lifts

Key Points:

- Push the bottom of your back into the floor by pulling the lower abdominal muscles up and in.
- Hold your back flat while breathing easily in and out.
- Try not to lift your heels off the floor when pressing up.



3. Boxer Ball Crunch

Key Points:

- Squeeze your abs in tight and lift your upper back off the ball.
- As you curl up, keep the ball stable (the ball should not roll).
- To make this exercise effective focus on your breathing as well. In through your nose and out through your mouth.



4. The Superman

Key Points:

- Exhale as you lift your arms and legs and inhale as you lower them back down.
- Keep your arms and legs straight but not locked.
- An important aspect of this exercise is ensuring that your torso is stationary.



5. Jack Knives

Key Points:

- It is important to keep your shoulders off the floor, and lift from the waist. This will isolate the muscle activity.
- Try to keep your legs straight throughout the movement. This will keep your core stabilisers activated.
- If you cannot keep your legs straight, you can bring them down to a 45 degree angle as you lift from the waist.

