

Figure Eights

For core and inner thighs • 8–12 reps, 3 times a week

A



B



First month:

A. Lie on your back with your legs bent and feet on the floor a comfortable distance from your butt. Place a rolled-up towel between your thighs and hold a 3- to 5-pound dumbbell between your hands. Use your abs to lift your legs, then extend your arms toward the ceiling.

B. Without moving your legs, slowly make a large figure eight horizontally across your body with your arms, starting to the right from the center of the eight. Complete 8–12 figure eights.

6-month boost:



As you start your figure eight with your arms to the right, also make a figure eight with your knees starting from the left.

9-month boost:



Start with your arms and knees about 6 inches farther away from each other. Be careful not to arch your back.