

10-Minute Workout: Belly-Dance Away Ab Flab

Tired of crunching your way to better abs? Try this 10-minute abs workout for a sexy change of pace.

By Jocelyn Anderson; Photos by Chris Fanning

Belly dancers aren't just wiggling and jiggling their hips; they're getting an ab workout that sculpts almost every single muscle in their core—even the hard-to-target, deep transverse abdominals, says Rania Androniki Bossonis, author of *Belly Dancing for Fitness* (Fair Winds Press, 2004). Do this 10-minute routine once a day and you'll shimmy your way to a sexy stomach.



Minutes 0:00 – 1:30

Rib Slide

Targets: Rectus Abdominus and Obliques

- Stand with hands on hips and feet together.
- Move just your ribs to the left, then back through the center of your torso and to the right.
- Continue moving from side to side.



Minutes 1:30 – 3:00

Hip Circle

Targets: Obliques and Glutes

- Standing with feet hip-width apart and arms slightly lifted at sides, shift your hips to the right, as if you were hula-hooping.
- Then move them in a circular motion to the front, left, and back.
- Repeat in the opposite direction.
- Continue alternating.



Minutes 3:00 – 4:30

Horizontal Figure Eight

Targets: Lower Portion of Rectus Abdominus

- Stand with arms out to sides and feet hip-width apart.
- Lean right hip diagonally forward.
- Shift it to the right side, then around to the back and center.
- Repeat with the left hip and continue alternating, as if your hips were drawing a figure eight on the floor.



Minutes 4:30 – 6:00

Vertical Figure Eight

Targets: Lower Portion of Rectus Abdominus and Obliques

- Lift right hip and heel and lean to the right.
- Drop hip and heel, returning hips to center.
- Repeat to left side.
- Now combine both sides into a smooth motion.
- Imagine you're drawing a figure eight on the wall in front of you with your belly button.



Minutes 6:00 – 8:00

Camel

Targets: Rectus Abdominus

- Press chest forward while drawing shoulders and arms at your sides and arching your spine.
- Reverse this motion by pulling abs in, tucking pelvis and bringing shoulders forward.
- Continue alternating to create a rippling S with spine.



Minutes 8:00 – 10:00

Belly Roll

Targets: Rectus Abdominus

- Stand with arms out to sides and a few inches behind you.
- Inhale and expand your rib cage, then pull in the lower portion of your abdominals.
- Reverse the motion by relaxing and expanding your lower belly as you draw in your upper belly.
- Alternate between the two movements, creating an undulating wave with your abdominals.