



Bust a move
 These Pilates-inspired exercises target every abdominal muscle and use movements that mimic your daily activities. Bonus: They also protect against lower-back pain and improve posture.

Side plank
 Lie on your right side with legs extended and left foot crossed over right. Place right hand on floor. Inhale. Contracting abs, exhale and lift torso and hips off floor so legs are extended in one long line. Extend left arm overhead so it's in line with shoulder. Hold 3 seconds, keeping abs contracted and chest lifted. Lower back to floor and repeat 8 to 10 times. Switch sides and repeat.

Clingy pants can make it easier for you to see if your form is correct.

Bicycle
 Lie face up with head and knees bent. Inhale, then exhale and move right leg forward, extending right leg and left elbow and extending left leg forward, alternating.

Tighten and tone at home with belly-blaster DVDs

10 MINUTE SOLUTION: DANCE OFF BELLY FAT (\$15; collagevideo.com)
 This high-energy video gives you a belly workout with some fat-melting cardio. Do three separate 10-minute routines in one day, or string them together for a 30-minute session.

CATHE FRIEDRICH'S CARDIO CORE CIRCUIT (\$23; collagevideo.com)
 Ideal for fans of hard-core ab flatteners, this DVD can get you sweating through a 51-minute session of squat jumps, crunches and one-legged push-ups.

PERSONAL TRAINING WITH JACKIE: CRUNCH-FREE XTREME ABS (\$15; amazon.com)
 Sneak in some ab time with this DVD. It offers two 15-minute abdominal-sculpting workouts (one floor and one standing routine).

GORGEOUS CORE (\$15; amazon.com)
 The combination of Pilates and isolating ab moves on this DVD is effective at helping you target the deepest layers of your core muscles for a flat belly and strong, toned midsection.