

SAVVY

A MAGNA PUBLICATION

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₹75 SEPTEMBER 2015

NEWSSTAND COPY

DELIGHT IN AN
AFTERNOON
TEA SOIRÉE!

WHAT IS
RADHE
MAA'S
TRUTH?

BEAUTY TRENDS OF
BOLLYWOOD
ACTRESSES

WHAT DOES YOUR
HAIRSTYLE
SAY ABOUT YOU?



WHEN I WORE A
BIKINI ON
SCREEN, MY
HUSBAND SAID:
I COULDN'T
WATCH IT, BUT
IT TAKES GUTS
TO DO IT!

SAI
TAMHANKAR
BLASTS HER WAY THROUGH

TUMMY TRIMMERS

FITNESS SAVVY

TUMMYY

trimmers

Fitness expert **Nawaz Modi Singhania** shows you how to trim 'n' tone your tummy.

Always admired and envied other people's fabulous abs? Well, they don't come for free... But here are five exercises that will help you get the abs you have been dreaming of.

While the mid-section of the body seems to be an innate

obsession for the bold and the beautiful - and for the rest of us - keeping the core shipshape is also vital. The following exercises will give you a complete, all-encompassing abdominal workout, trimming and toning you to sculpted perfection.



THE OBLIQUE SIT-UP

Doing the Bent-Knee Sit-Up with the legs together, knees turned to the floor to one side, with the upper body twisted in the opposite direction, will zero in on the waist muscles

or the love handles. In the next set, turn the knees to the other side with upper body twisting over in the opposite direction in order to get equal benefit on both sides.

THE BENT-KNEE SIT-UP

Sit as demonstrated in the corresponding picture, with your feet and knees hip-width apart and your knees bent at a 90° angle. Keep the spine slightly rounded, chin lowered and pull the abdominal muscles in to engage them correctly during the exercise.

The upper body covers the space between sitting all the way up and lying down. However, fall a bit short of sitting up completely as this makes the exercise too easy and in the down position don't place your head and shoulders on the mat, so as to avoid straining the neck and to keep the pressure on the abs. Exhale as you come forward and inhale as you lie back.

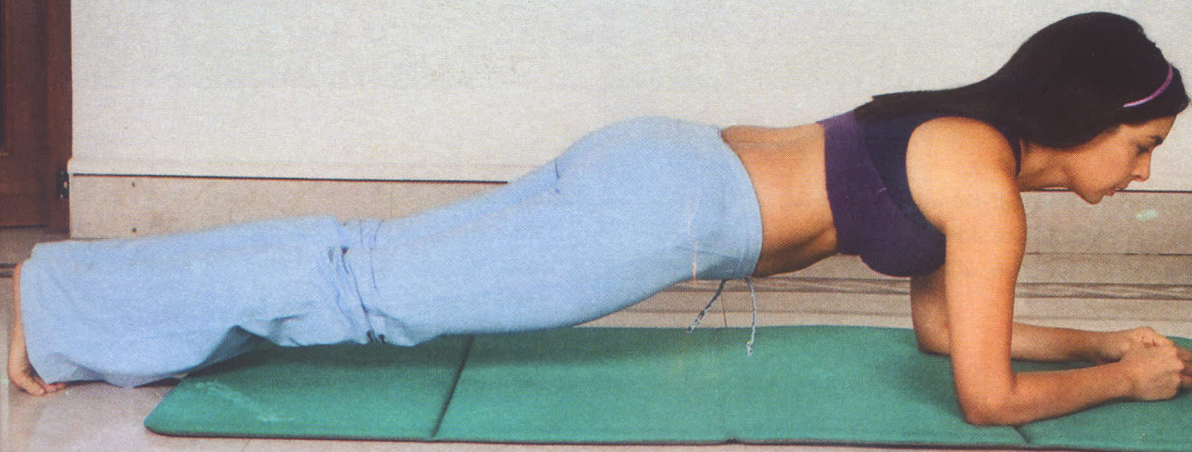


THE PLANK

This one is a compound exercise, where the entire upper body musculature and core are being heavily targeted. Start in the elbows and knees position. Begin with the elbows being placed shoulder width apart, but later when you're ready to overload, you can get them a bit wider apart in order to make the exercise more challenging. One knee at a time, come off onto your toes and position the whole body as parallel to the floor as possible.

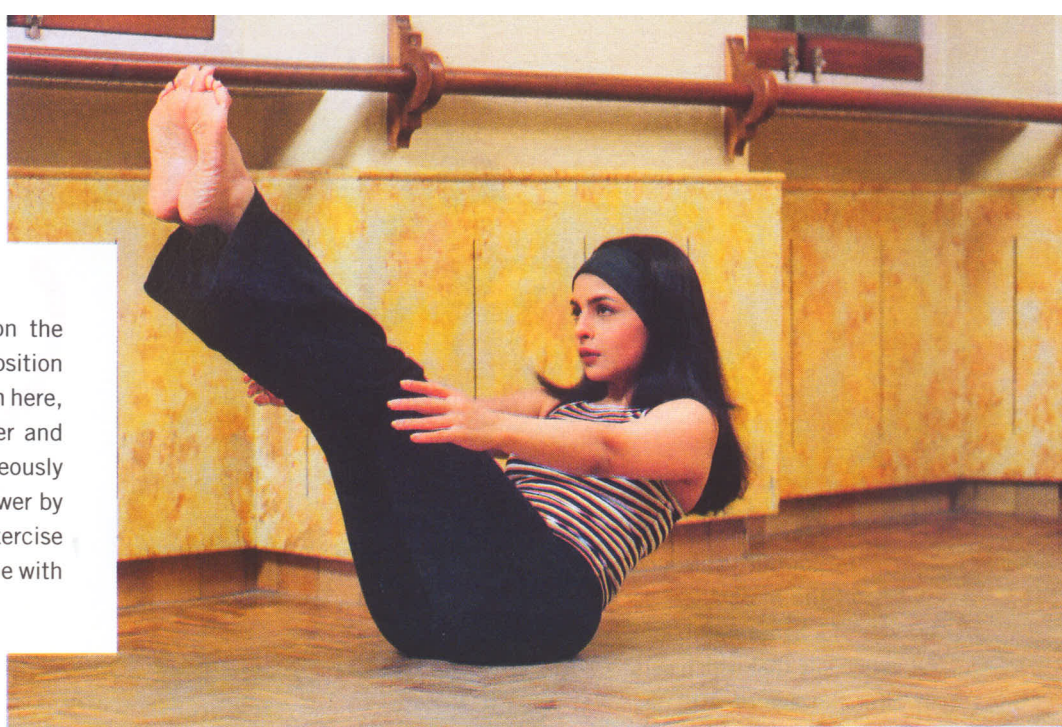
Keep the abs pulled in tightly and the back straight. Make sure the pelvis does not sag to the floor and the hips are not jutting up to the ceiling either. Maintain this static position for a whole set, before dropping a knee at a time to the floor in order to release the contraction. Breathe normally throughout the exercise.

Note: This exercise is not appropriate for those with hypertension or coronary heart disease.



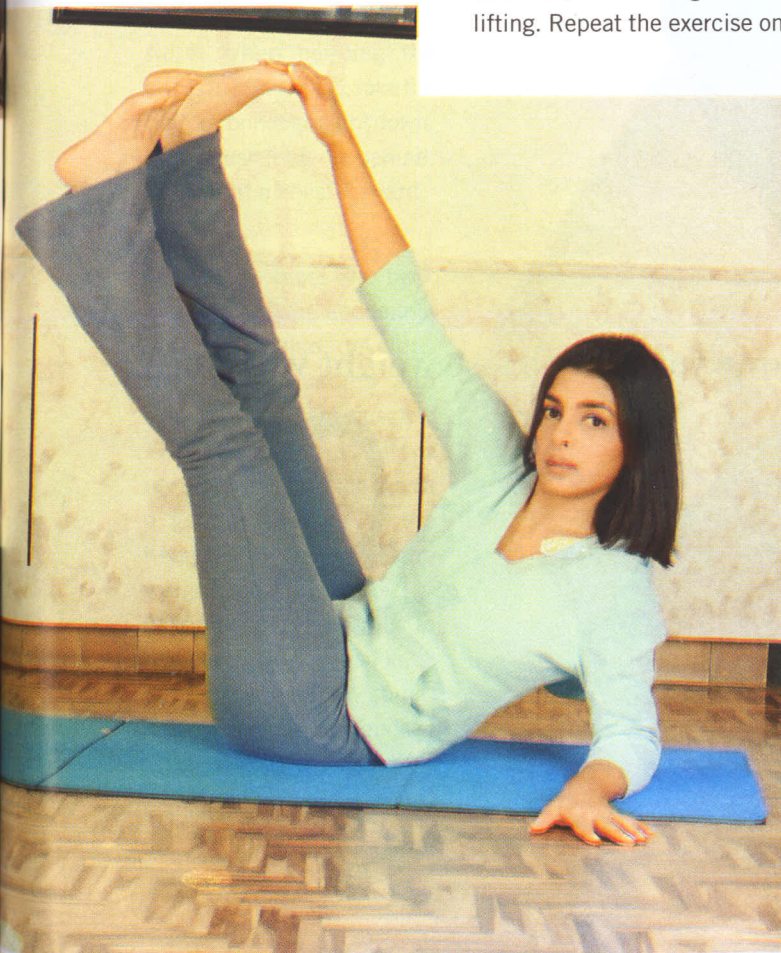
THE 'V' SIT-UP

This exercise zeroes in on the lower abs. Sit in the position shown in the picture. From here, lift upward both the upper and the lower body simultaneously by two inches and then lower by two inches. To make the exercise easier, one can do the same with both the knees bent.



SIDE LYING OBLIQUE LIFT

This exercise mainly works the waist muscles, trimming and toning the sides. Get into the position demonstrated in the picture. Lower and lift the inner leg. Inhale while lowering and exhale while lifting. Repeat the exercise on the other side using the other leg.



KEEP IN MIND

- Keep the abdominals held in tightly all through the above exercises. This way the muscles work harder and you'll see better, faster results.
- Get started with two sets of 10-12 reps per exercise initially, thrice a week.
- As you get fitter and adapt to the exercises, you can gradually move the reps up by three at a time.
- All exercises must be done in a slow and controlled fashion. Never let momentum or a swing set in. This way, you'll see fantastic results quickly, and you won't injure yourself while exercising.
- Those with back, neck or shoulder problems will require modifications to the above exercises. Consult with a certified trainer on the same.

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