THE 6 ESSENTIAL AT-HOME MOVES

Get firm fast with these tummy-focused exercises from Zest's Jon Stratford

YOU'LL NEED
- *Light dumbbells*
- *Swiss Ball*

THE INNER STRENGTHENER

These ball roll-outs target your core muscles, with the added bonus of working your shoulders, too.

1 Start with your forearms resting on the ball, knees on the floor and your elbows under your shoulders.

2 Lift up on to your toes, breathe out and extend your arms to roll the ball away from you, keeping your belly button tucked in.

3 Pause and, as you inhale, bend your arms and roll the ball back to the start position.

THE MIDRIFF HONER

Ball jack-knifes not only focus on your core muscles to tighten up your tummy, but also tone your whole body.

1 Start in the press-up position, with your hands resting on the floor and your shins resting on the ball.

2 Breathe out and pull your knees in towards your chest, rolling the ball towards your torso.

3 Breathe out and extend your legs and the ball back to the start position.

THE WAIST WHITTLER

Russian twists target your abs and obliques to shrink that waist.

1 Sit on the ball. Now walk your feet out until your upper back and shoulders are resting on the ball and your body is in a bridge position. Extend your arms above your head and clasp your hands together.

2 Keep your hips up and breathe out as you rotate your arms to the left.

3 Breathe in as you rotate back to the centre, then repeat to your right.

THE TOTAL TUMMY TONER

These ball pikes tighten up your core as well as your bum and leg muscles.

1 Start in a press-up position with your shins resting on the ball and your core muscles engaged.

2 Keeping your legs straight, breathe out while rolling the ball towards your hands and lift up your bottom (see picture).

3 As you roll the ball back away from you to the start position, remember to keep your legs as straight as possible.

THE MUFFIN-TOP BUSTER

These side planks work the muscles at the side of your waist and your abdominals.

1 Lie on your side, propped on your elbow with your legs and hip resting on the floor.

2 Resting your weight on your forearm, lift your hip off the floor, breathing out.

3 Keep your tummy muscles engaged and lower back down. Repeat as many times as possible, then switch to the other side. To advance, hold your top arm up straight, with a dumbbell in your hand.

THE BELLY-BULGE BEATER

Reverse crunches are great for tackling your lower abs and that hard-to-reach soft area at the bottom of your midriff.

1 Lie on your back on the floor with your arms at your sides, legs out straight and your feet raised about 30cm off the ground.

2 Breathe in and bring your knees in towards your chest.

3 Extend your legs back out to the start position, breathing out as you do so and keeping your core muscles engaged.

FAST FIX

What muffin top?

You can breathe out now... 3 confidence-boosting buys

YUMMIE TUMMIE BOYFRIEND TANK TOP, £54
A control panel flattens a not-so-perfect tum and firms up wobbles. Ideal for workouts or worn under your everyday clothes.

TRINNY AND SUSANNAH MAGIC BIKINI BRIEF, £28
Great for wearing under clingy fabrics, this bum and tum reducer will help you into a smaller dress size.

MIRACLESUIT SWIMSUIT, £120
Boost your beach bravado with a shapewear cossie. A built-in tummy control panel creates shape and keeps flab firmly in its place. ➜

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