



The Little
Exercise
Book
for a Flat
Tummy

By

Sarah Maxwell

&

Jacqui Ripley

The Little
Exercise
Book
for a Flat
Tummy

Warning

The opinions and advice expressed in this book are intended as a guide only. If you have a medical condition or are pregnant, the diet and exercises described in this book should not be followed without first consulting your doctor.

The authors accept no responsibility for any injury or loss sustained as a result of using this e-book.

© 2010 Sarah Maxwell and Jacqui Ripley

About the authors



Sarah Maxwell

With the experience of over 15 years as a successful fitness coach and nutritionist, Sarah is one of the UK's top personal trainers, offering a personalised service designed to help clients achieve their fitness and nutrition goals.

Sarah is passionate about the benefits of exercise and incorporates all disciplines into her workouts including Pilates, aerobics and resistance training. She believes fitness should be fun but challenging – and not necessarily gym bound.

Anton du Beke, Fiona Phillips, Sugababes and Andrea McClean have all shaped up with her. Sarah is a favourite with the press where she is frequently called upon for insightful fitness tips for leading magazines and newspapers.

Last year she was made Nivea's Global Fitness Expert. She is married with two children and two Labradors.

www.sarahmaxwell.co.uk



Jacqui Ripley

Having worked at and written for women's magazines and papers for over 15 years, Jacqui has written hundreds of health, fitness and lifestyle features contributing to titles such as Glamour, Elle, The Guardian, The Sunday Express, Zest, Cosmopolitan and Psychologies.

In 2003 she had her first book published, *Celebrity Style Secrets* which was followed by seven more, namely *The Makeover Book*, *The Ultimate Girls' Night In* and *The Grown Up Girl's Guide to Life* all published by Piatkus. And *How to be a Beautiful Bride*, *Getting Gorgeous*, *Thank you for being my Mother* and *Love Tokens* all published by Ryland Peters & Small.

Founder of Cherry Coaching, she splits her time between writing, life coaching and brand consultancy. She is married with one son.

www.cherrycoaching.co.uk



Our philosophy

Working as a fitness trainer, nutritionist, lifestyle journalist and life coach, we know only too well the value of the mind/body connection and constantly encourage our clients to fuse these connections to make life happen – spin it on its axis if necessary.

We banish the word 'perfection' from our vocabulary, because you just won't achieve it. The only person you should draw comparisons with is yourself and set your own standards. Our goal is a shared one: making women feel good about themselves in both mind and body.

We don't believe in military style boot camp measures or fluffy affirmations you feel damn stupid saying. I am a beautiful and brave goddess anyone? At the core of our shared beliefs is getting results that are real and sustainable.

Many women are intimidated by unrealistic lifestyles played out with vigour in movies, magazines and advertising. This stops them from having their own private hallujah moments.

We understand the pressures piled on today's women to look, feel and act the part, which can at times seem impossible. But we say, with a strong attitude and body you can bring balance into all pockets of your life, and more crucially develop peace of mind.

Introduction

Hello ladies and welcome to our first e-book! We are beyond excited you've logged on and bought this book, as it's your first step to getting the stomach you want through dedication and (a little bit of) hard work. Yes, there's the fast track celebrity route of shrink wrapping your tummy through liposuction or relying on the skills of a knife, but where's the satisfaction in that? Not to mention the cost. No, we both believe in doing it the honest and more importantly the right way. Just think of this book as your online surgeon free tummy tuck!

Having introduced ourselves above, you can be assured we know how women feel about their tummies. They are one of women's (and let's face it men's) top trouble zones that can rock our body image and sap our self confidence. And there's little doubt an out-of-shape wobbly mid section adds years to your passport age. Furthermore, if you don't work on getting your stomach's mojo back now, then the problem only becomes worse until you feel you reach the point of no return. Who would have thought elasticated waists would be hanging in your wardrobe!

Having worked in the fitness and self-help industry for many years, we both know that body miracles can happen if you're prepared to tweak your habits, makeover your mindset and actually engage some muscle. This book makes it simple. Very simple. For starters, you will recognise why doing 100 daily straight sit-ups won't guarantee you a flat stomach, how certain foods can bloat and extend your stomach and the role stress has to play in making you look like you're in your first trimester. Only you can make your tummy flatter, but we're happy to give you the tools to do so. This e-book aims to give you a holistic overview delivering a professional and workable programme of exercise, nutrition and self belief to make your stomach noticeably shape up.

So, what are you waiting for? Fab abs aren't exclusive, they can be anybody's – including yours.

Love

Jacqui and Sarah

CHAPTERS

Chapter One

6

Your belly laid bare
What real women say about their tummies

Chapter Two

9

Your starter to fab performing abs
Fat burning
Calorie Dyslexia
Create a metabolism that hums

Chapter Three

12

What's upsetting your stomach?
Argh! Stress
A pregnant pause
The bane of belly bloat
Irritable bowel syndrome
Indigestion
Food Intolerance
Lack of shuteye
The mid life pot belly
The big belly bloaters

Chapter Four

18

Your core curriculum

Chapter Five

20

Perfect your posture

Chapter Six

22

Your crucial tummy shapers
Top tummy tips for faster success

Chapter Seven

30

The flat out fabulous foodie guide
Eat mindfully, not emotionally
Shake off the sweet stuff
The everyday super foods
The power breakfast
Let's do lunch!
Supper time
Nutrition know-it-all
Snack attack

1

Your belly laid bare

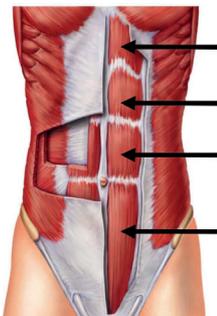
What real women say about their tummies

Your belly laid bare

“Urgh, what a thought,” you think as you imagine your tummy bared to the nation. But the reality is women with washboard stomachs are rare indeed. Unless of course, you’re a supreme athlete primed for the Olympics. The upshot is: some women would have been literally living on rations to have a pancake flat stomach, and those celebrities whose bikini ready bodies you admire? They’re miserable, believe us. They’re underfed and over exercised all for the perfect photo shoot. And as soon as they start introducing proper food back into their diet and become healthier, the more their tummies will become fuller.

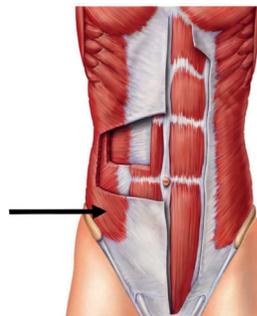
In the quest for a taut, defined stomach we are crucially misguided. We blame the ubiquitous midriff curl. This traditional move only exercises the trunk backwards and forwards, and certainly not love handles or that just-below-the-belly-button zone that so many women moan about. To flatten your belly you need to become intimate by working with all four pairs of abdominal muscles to give a multi-dimensional routine.

For your biology lesson these are the:



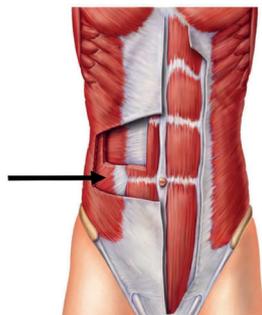
Rectus Abdominus:

This is a long vertical muscle that travels the length of your torso, starting just above your pubic bone and ending just below your breastbone. It anchors your mid section and is the muscle, when well defined gives the attention grabbing six pack.



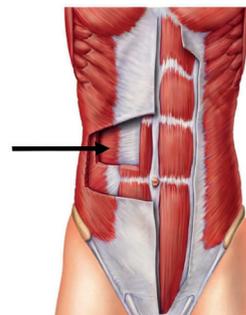
External Oblique:

This is thin muscle that lays either side of your stomach and runs the length of your ribs, hitting just above your hips.



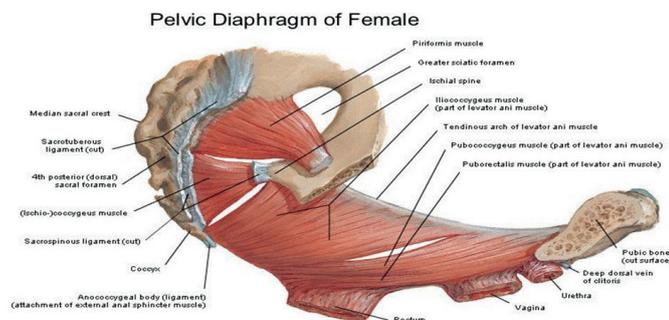
Internal Oblique:

This is a thin muscle that lies beneath the external oblique, and when worked together with the external oblique help sculpt a cinched in silhouette.



Transverse Abdominus:

This is the deepest layers of the abdominals which can be found underneath the rectus abdominis. This mother of a muscle is essential for good posture, balance and stability. Think of it as forming a support corset.



Pelvic Floor:

The most under appreciated muscle in your body. It’s the hammock that holds everything in – hung between your coccyx and public bone - and fundamental to a strong and toned stomach.

“Although we’re not opposed to women wearing hold-it-all-in-underwear, we believe that if you’re mentally and physically engaged with your stomach muscles then there’s no need for big Bridget Jones type pants”

6

Your crucial tummy shapers
Top tummy tips for faster success

Your crucial tummy shapers

Okay, we're at the 'physical' part of the e-book now where you can finally engage and work those tummy muscles! By doing these exercises regularly, you will not only flatten your tummy, but help nip in your waist too. You will also notice that some exercises introduce the stability ball – sometimes referred to as the Swiss ball.

This is a great exercise accessory to improve the strength of the abdominals as well as the lower back. It takes a little practice, but by its very shape, it's unstable whereby you must constantly adjust to remain balanced. By doing so, you will improve functional strength and flexibility of your body. Using the ball will also recruit many additional muscles – some you didn't even know you had, to maintain balance.

Furthermore, it's also been documented that using a stability ball works your muscles harder. Curl-ups on the floor recruited 21 per cent of the rectus abdominis muscle and 5 per cent of external oblique muscle activity. This was compared with 35 per cent of the rectus abdominis muscle and 10 per cent of external oblique muscle activity using a stability ball.

Otherwise known as your awesome ab plan, here are the key exercises you need to not only flatten your tummy, but strengthen your core and improve your posture. They can be done anytime, although morning would be good as you then automatically connect with your core before taking on increased activity through the day.



HALF PLANK (if you find the full plank difficult)

- For those with weak backs do the half plank instead of the full plank as detailed below.
- Simply keep your knees on the floor and hold the position for 1 minute comfortably.



THE PLANK

- Lie face down resting on the forearms
- Place forearms flat on the floor
- Push off the floor, raising up onto toes and resting on the elbows.
- Keep your back flat, in a straight line from head to heels. Pull in abdominals and pull up your pelvic floor.
- Start by holding for a few seconds and building up to 1 minute.



SIDE PLANK

- Lift your body off the ground, balancing on one forearm and the side of your foot
- Contract your abdominals, pull up your pelvic floor and relax your shoulders.
- Raise your arm straight up into the air and hold the position for as long as is comfortable.
- Repeat on the other side.