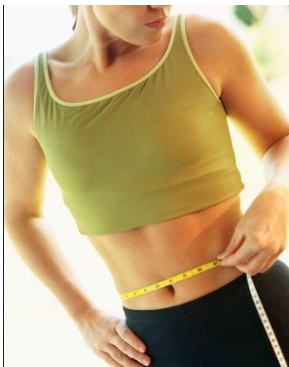




Personal Training

Tip of the Month

One trick to **slim your waistline** is not to do crunches every day, but to work your inner core. When your inner core muscles become strong and taut, their tightness then pulls in the outer core, resulting in a smaller waistline.

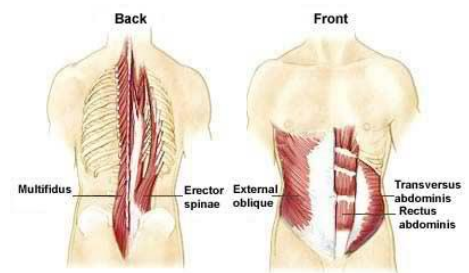


Why?

Crunches specifically target your rectus abdominis-the outer core. By only working your outer core, only your rectus abdominis will get larger. If your outer core muscles strengthen at a faster rate than you lose body fat, this will cause your waistline to get bigger!

Work Smarter, Not Harder

The good news is that when you work the muscles of your inner core (transverse abdominis, multifidus, internal obliques), they will pull in your waistline **AND** work your outer core, so you don't have to do extra work!



© 2003 Mayo Foundation for Medical Education and Research. All rights reserved.

How?

Work your inner core by performing exercises that move your entire torso in different planes of motion. Instead of regular crunches, try bicycle sit ups. Twisting motions, cable exercises, woodchops, and many medicine ball exercises are perfect ways to engage your inner core and slim your waistline.



Emily Dahlberg, M.S.ed.
Certified Personal Trainer
This Way Ladies Fitness & Wellness Center