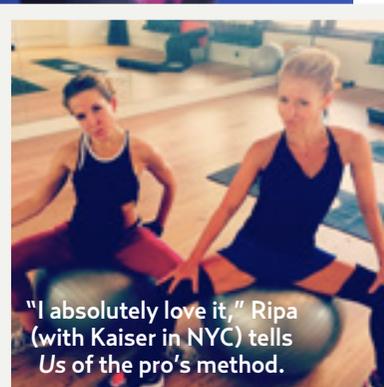


NEW YEAR,

NEW
SQUARED
ABS

WHITTLE YOUR WAIST BY FEBRUARY! **KELLY RIPA'S** PRO **ANNA KAISER** SHARES TONING MOVES WITH US

A resolution for 2015: ditch crunches. "They aren't the most effective abs exercise," says Anna Kaiser, 34, who founded NYC's AKT inMotion studio. "You need moves that engage every core muscle." The trainer — who counts Kelly Ripa, Shakira and Sarah Jessica Parker as clients — made a routine for *Us* that does just that. Perform each move (you'll need 3-pound weights) in a circuit, up to three times. Commit to the 25-minute workout every other day (in addition to five days of cardio) and in three weeks, vows Kaiser, "you'll feel tighter and look hot!"



"I absolutely love it," Ripa (with Kaiser in NYC) tells *Us* of the pro's method.

A



B



1 / Obliques Toner

Stand with feet hip-distance apart, weights in hand. Bring right hand to hip and left hand to shoulder (*inset A*). Keeping your hips facing forward, punch the left arm across the body at shoulder height while twisting your torso to the right (*inset B*). Do 10 reps, then repeat on the left side. Explains Kaiser, "You should feel like you're wringing out your core."

A



B



3 / Lower-Abs Tightener

To do one of Ripa's favorite moves, lie on your back, weights in hands and arms stretched overhead, 4 inches above the ground. Extend legs up to the ceiling (feet pointed), then lower right leg to the floor, keeping your back pressed into the mat (*inset A*). Raise right leg back up, then lift both hips toward the ceiling (*inset B*) and lower down. Repeat with left leg to complete one rep. Do 15 reps.

A



B



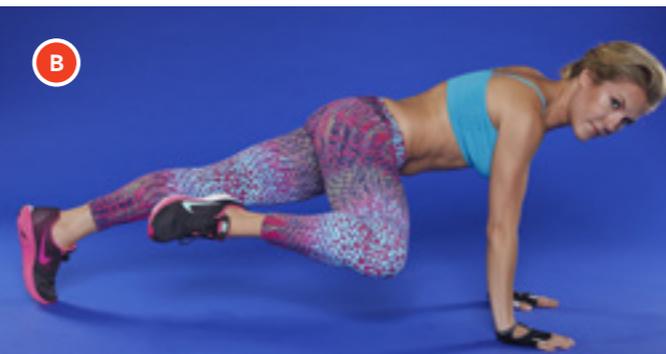
4 / Side Cincher

Begin in a modified side plank: left hand on the floor (fingers pointed up) and right foot on the floor with left leg bent so your foot rests under the right knee (*inset A*). Lower left hip to floor (*inset B*), then raise it back up. Do 10 reps. Repeat on right side.

A



B



2 / Six-pack Sculptor

Start in a plank with toes on the ground and shoulders aligned over hands. Pull right knee to the chest and pulse 10 times (*inset A*). Then turn the knee out and pulse toward the elbow 10 times (*inset B*). Next, alternate between the pulses 10 times. Repeat on left side.

A



B



5 / Allover Abs Definer

Lie on your back, weights in hands and arms stretched overhead, 4 inches above the ground. Raise legs off the ground (feet pointed) with inner thighs touching (*inset A*). Lift upper body, twisting to the right and extending arms out while bringing right knee in toward chest (*inset B*). Return to start. Do 10 times on right side. Repeat on left. To make it harder, keep both legs off the floor the whole time!