

*"I'm not prepared for a zombie apocalypse. I need more bottled water... and stronger abs." —Jenna Fischer, via Twitter*

# Glamour Health

## What to Do for These Abs

Nope, not crunches. A *Glamour* firm-up plan—full of news, surprises, and Kate Upton's sleek-stomach workout

*By Shaun Dreisbach*

► Say you're Kate Upton and you're about to vie for a cover spot on the *Sports Illustrated* swimsuit issue. What do you do? You call New York City fitness guru David Kirsch—he of Heidi Klum's flawless-body-after-four-kids fame. Last winter Kirsch got Upton's diet on track (out with sugar, dairy, and processed carbs; in with lean protein and veggies) and kicked her butt with stair running, pull-ups, and, of course, ab work. "She knew that was the first—OK, maybe *second*—place people's eyes would go," he says. What he did not have her do, however, was a bajillion sit-ups. "Instead, we did exercises that worked Kate's 'corset' muscles, the ones that taper the waist in." Ready to get your Upton on? Turn the page to get started. ►

# Forget Crunches. Work Your Whole “Corset”!

*Kirsch’s plan tones all the important muscles (see right) that cinch your waist. Do it twice, plus 40 minutes of cardio, three days a week for results in about a month.*



## 1. SPIDER-MAN PLANK

*(works all ab muscles, plus calves, thighs, back, chest, arms, and shoulders)*

Start in push-up position with hands directly below shoulders. Pull right knee out to the side, hovering toward the right elbow, as shown. Return to start and repeat on opposite side. Do 15 reps per side.



## 2. LEG SCISSORS

*(works abs, especially the rectus abdominis)*

Sitting on the floor, prop yourself up on forearms, pull belly button toward spine, and extend legs at a 45-degree angle. Scissor legs (right over left, then left over right, as shown) as you slowly lower them toward the floor. Continue lifting and lowering for 30 seconds.



## 3. SUPERMAN

*(works back and abs—the whole “corset”)*

Lie facedown with legs extended and hands behind head. Pull belly button in and slowly lift chest and legs off the floor as shown. Hold for five counts, lower, and repeat. Do 10 reps, holding the last rep as long as you can.



## 4. CROSS-KNEE PLANK

*(works abs, especially obliques, plus thighs, butt, back, chest, arms, and shoulders)*

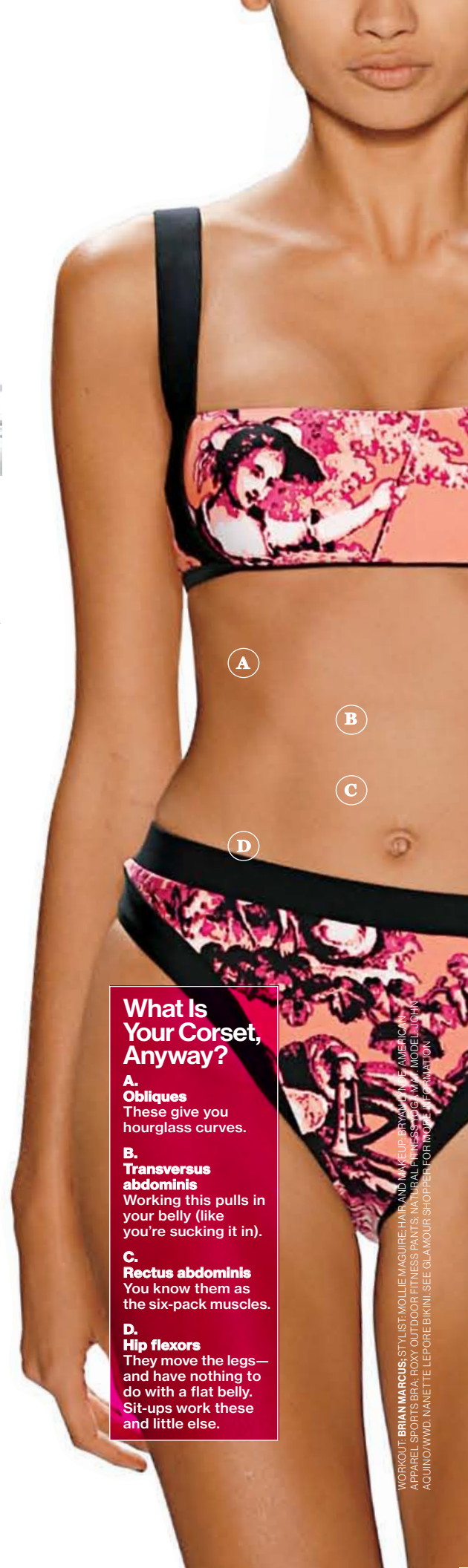
From push-up position, bend and lift left knee, bringing it across body toward right elbow, as shown. Return to start and repeat, bringing right knee to left elbow. Do 15 reps per side.



## 5. PLANK WITH TORSO ROTATION

*(works all abs muscles, plus thighs, back, chest, arms, and shoulders)*

Start in a push-up, with a three-pound dumbbell (or full water bottle) in your right hand. Lift right hand and hug it across your chest, as shown. Then raise your arm up toward the ceiling, as shown. Return to start. Do 15 reps, switch sides, and repeat.



**What Is Your Corset, Anyway?**

**A. Obliques**  
These give you hourglass curves.

**B. Transversus abdominis**  
Working this pulls in your belly (like you're sucking it in).

**C. Rectus abdominis**  
You know them as the six-pack muscles.

**D. Hip flexors**  
They move the legs—and have nothing to do with a flat belly. Sit-ups work these and little else.

WORKOUT: BRIAN MARCUS; STYLIST: MOLLIE MAGUIRE; HAIR AND MAKEUP: BRYANNE LE AMERICAIN; APPAREL: SPORTS BRA: ROXY; OUTDOOR FITNESS PANTS: NATURAL FITNESS; DUMBBELL: AMMA; MODEL: JOHN AQUINO/WWD; NANETTE LEPORE/BIKINI. SEE GLAMOUR SHOPPER FOR MORE INFORMATION.