ab results
YOU CAN SEE ASAP!

Get sculpted with this cutting-edge blend of yoga, dance and Pilates!

by Linda Shelton
Photography by Darryl Ettinger

This month's regimen: Look for part 2 next month and part 3 in April. Targets your core (tummy and hips), to give you flatter, firmer abs and a stronger back. "Your core muscles work to maintain your posture and alignment, as the rest of your body moves," explains Leah Quaise, star of Core on the Floor. O.Y.O, who designed this workout exclusively for Shape readers.
what to do

Do 1 set of each move in the order listed below 2-3 times a week either as a stand-alone workout or as part of your regular workout. Warm up standing, rotating your torso side to side 10-15 times, then do about 10-15 pelvic tilts. Finish by stretching your torso in the traditional yoga child’s pose, leaning with hips on bubbles, draping torso over thighs, arms outstretched on floor for 4-5 breaths.

BEGINNER’S ADVICE: Do this entire workout only once a week with the minimum reps recommended in each position.

MORE ADVANCED? Repeat all 4 moves a second time.

workout basics

What you're developing: STRENGTH, FLEXIBILITY AND BALANCE

Who can do it: ANY FITNESS LEVEL

Where you can do it: ANYWHERE

All you need: A YOGA MAT

Time it takes: 10-15 MINUTES

the moves

1. ROLL-DOWN/Bridge Vinyasa

Sit erect. Legs extended on floor in front of you, arms at sides. Exhale, round spine and tuck chin, pull navel in toward your spine and begin to roll torso down to mat: shoulder blades down and even [A].

Lift arms overhead as you roll down. Inhale and bend knees, sliding heels toward buttocks; lower arms to floor at your sides. Exhale and lift your hips off the mat, pressing down through heels, feet flat, body forming a straight line from knees to shoulders [B].

Hold for three breaths. Inhale, lower hips to floor and slide heels away from hips until legs are straight. Exhale and raise arms, tuck chin, flex spine and begin the roll-up back to start position.

REPEAT sequence 6-8 times.

2. Boat with the Hundreds

Sit with feet flat on the floor and knees bent, hands behind thighs. Keep ankles and knees together and lift feet, bringing calves parallel to floor [A] if you can extend arms forward at chest height to boat pose position. Hold position for 10 seconds.

Keep legs lifted, exhale as you roll torso down to mat, pulling navel in toward spine until shoulder blades are just off floor, arms extended alongside body at few inches off floor. Extend legs to a 45-degree angle or slightly lower, keep arms straight as you rhythmically move them up and down, 5 times inhaling and 5 times exhaling to perform the hundreds [B]. Inhale and lift torso up, returning to boat pose.

REPEAT, alternating from boat for 10 seconds to the hundreds (10 beats). Do 3-5 cycles of the sequence.
3 COBRA WITH SCAPULAR SQUEEZE

Lie facedown with elbows bent and in toward sides, palms near shoulders, legs slightly separated and rotated outward, tops of feet on floor. Pull shoulder blades down, pull belly up and in (away from floor), drawing ribcage down, neck and head aligned with spine, flashlight touching floor. Inhal and lift torso upward as if to push away from floor, engage back muscles into an arched back shape [A]. Exhale and lift hands a few inches off floor, pulling arms up and away from the floor and back, elbows toward shoulders [B]. Hold this "squeeze" for three breaths, then exhale and release to start position. REPEAT sequence 6-8 times.

4 SCISSOR PLANK WITH ARM CIRCLES

Sit on left hip, left hand on floor aligned with left shoulder, arm straight. Lift left hip off floor, straighten right leg, then left, bringing right foot in front of left, feet in contact with floor, right arm at right hip. Pull abs in, tuck toes down, stretching buttocks and leg to stabilize torso. While and extend right arm so it's aligned with right shoulder [A]. Exhale and continue exhaling as right arm reaches overhead [B], then circle arm down in front of chest, around and back to rest on top of right thigh. REPEAT arm circles 6-8 times, then lower your left hip and switch sides.

the best fusion flix

Looking for more inspiration? Check out the following workouts [DVDs], all available at collagenvideo.com.

1. PILATES SCULPT ($15) Pump up your mind-body workouts with this Pilates, ballet and classic dumbbell toning-combo routine.

2. ANGLES, LINES AND CURVES 2 ($33) Challenge yourself with this unique program that blends movements from yoga, Pilates, dance and athletic stretching.

3. THE METHOD: PILATES TARGET SPECIFICS PLUS ($20) Add variety to your abs, butt and thighs workouts with this highly effective, focused yoga-, dance- and Pilates-inspired video, presented in four 15-minute segments.

For more information on this and other fusion workouts from the editors of Shape, visit FusionForFitness.com. You can also sign up for a free interactive diet and fitness program, Get FusionFit.