



Low Plank With Elbow Strike

Begin in a plank position, forearms on floor and feet hip-distance apart (A). Rotate torso toward ceiling into a side plank, keeping spine straight. Perform a small, strong elbow strike with a closed fist (B), then return to front plank; switch sides and repeat.

Circular Situp With Uppercut (NOT SHOWN)

Lie faceup on floor, knees bent. Bringing fists near face,

sit up; as you come up, do an uppercut with the right arm. Alternate sides each time you come up.

Alternating Bridge With Kick (NOT SHOWN)

Lie faceup on floor with arms by sides, palms facing down, knees bent, and feet on floor. Lift hips toward ceiling, squeezing glutes, then extend right leg, kicking heel up and out 45 degrees to floor. Slowly lower; switch sides and repeat.

Plank Crisscross

Begin in a full plank position, arms extended with palms on floor, head in line with hips (A). Draw right knee toward left elbow (B). Repeat on opposite side, bringing left knee toward right elbow. Repeat, this time bringing right knee toward right elbow, followed by left knee toward left elbow. Repeat sequence from the top for given time.



4 SURPRISING CAUSES OF BELLY BLOAT

Want to feel even more confident when you slip into that swimsuit this summer? Capitalize on all your hard work by steering clear of these foods or ingredients.

STEALTH FIBER

Fiber has numerous benefits, but in some people it can also cause gas and bloating—especially when you don't know how much you are eating. Ingredients like inulin and chicory root fiber are often added to foods like energy bars and drinks as a way to boost fiber intake. "These would be listed as fiber, and then to get net carbs the fiber is subtracted from total

carbs," explains Maryann Walsh, R.D., a nutritionist based in Palm Beach, FL.

SUGAR ALCOHOLS

Also known as polyols, these sweeteners are popular sugar substitutes. The plus: They have a third to half of the calories as regular sugar and won't cause a sudden spike in blood sugar levels. However, they also frequently can cause bloating and diarrhea,

especially when eaten in excess. Look for sugar alcohols xylitol, sorbitol, mannitol, or other ingredients that end in "ol" under the carb section of nutrition labels, says Walsh.

PROTEIN SHAKES

Also sometimes loaded with sugar alcohols, protein shakes can cause bloat. Those who may be lactose intolerant can also develop discomfort from consuming

whey protein. But even vegetarian protein sources like beans, soy, and lentils can create bloat as well.

CARBONATED DRINKS

Carbonated beverages contain high amounts of carbon dioxide. When large amounts of the gas get trapped in your digestive system, it can cause cramps and bloating. A better bet: Opt for plain or fruit-infused water instead.