

15 Minutes Flat Belly Workout

Are you frustrated with the fat around your core? Want to burn it away and have a defined stomach that gets noticed? This workout focuses on developing core strength, endurance, and stability while helping you burn excess fat for a more defined mid-section. A strong core also means better posture and fewer chances of having back pain.

Instructions:

Complete the included Warm-up & Dynamic Stretches before beginning the workout in order to raise your heart rate, prepare your muscles and joints for the exercises to follow and prevent injury.

If you are a beginner, complete the recommended sets and repetitions, taking a 30 to 60-second break between exercises. I recommend to perform the workout 2 to 3 times per week.

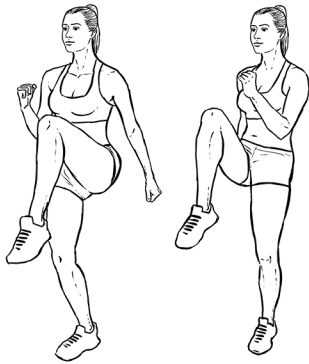
If you are more advanced, increase the sets to 4 to 6, keeping the repetitions the same. For an added challenge and an intense caloric burn, complete the workout as a circuit performing each exercise one after another with no break until the entire circuit is complete. Take a break between 1 to 3 minutes then begin the next set. Follow each workout with the included Post-Workout Stretches to kick start recovery, maximize results and help prevent injury.

Exercises in this workout:

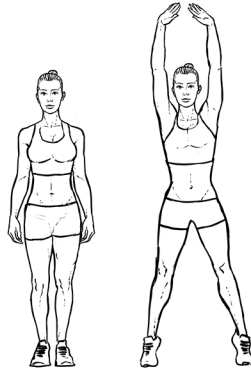
- Burpees / Squat Thrust
- Crunches
- Hindu / Judo Push-up / Dive Bombers
- Mountain Climbers / Alternating Knee-ins
- Jump Squat
- Lying Leg Raise / Lift
- Windshield Wipers
- Superman / Extended Arms & Legs Lift
- Leg Pull-In Knee-up
- Side Plank
- Inchworm / Walk Out
- Plank

Warm-up & Dynamic Stretches

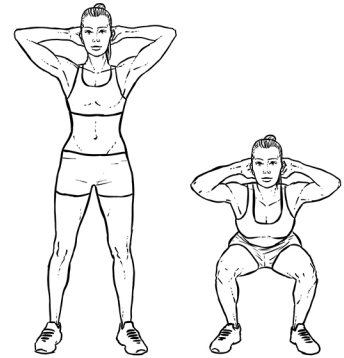
Prepare your body and mind for physical activity, loosen and stretch your muscles and increase your heart rate and breathing to raise blood and oxygen flow by performing this warm-up before your workout. Using an interval timer (you can download any timer app on your phone or get any small timer) **perform each exercise for 30 seconds with 15 seconds of rest in between.**



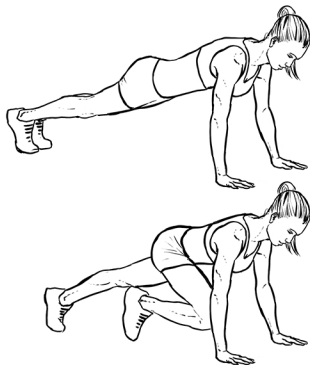
High Knees



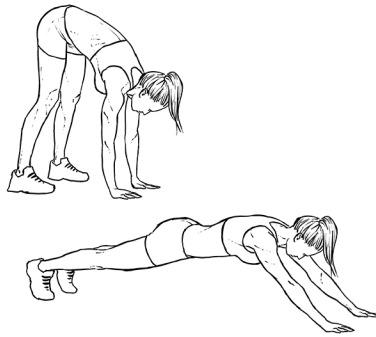
Jumping Jacks



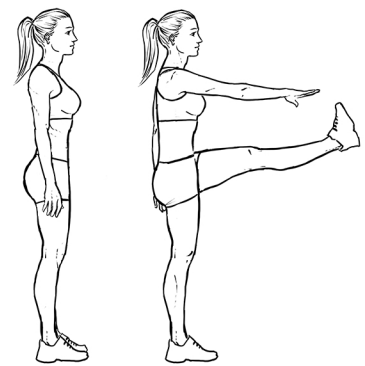
Bodyweight Squats



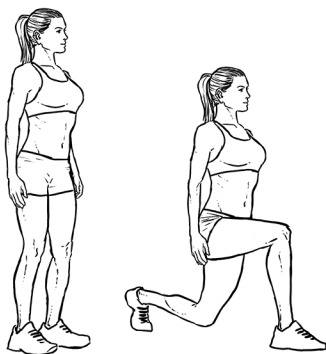
Mountain Climbers



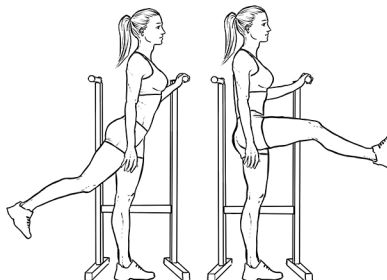
Inchworm



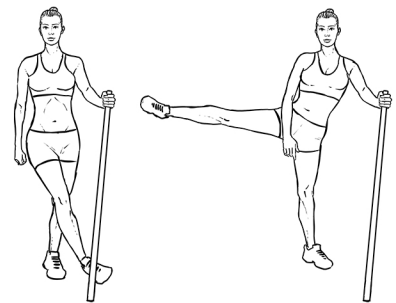
Walking High Kicks



Bodyweight Walking Lunge



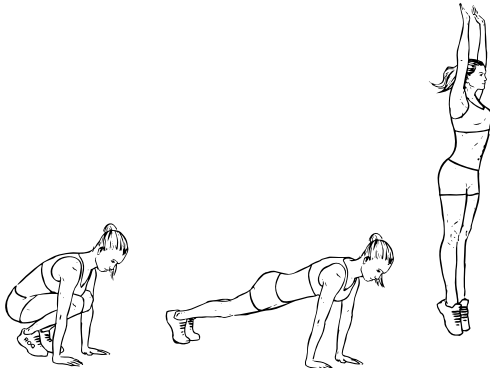
Forward Leg Swings



Side Leg Swings

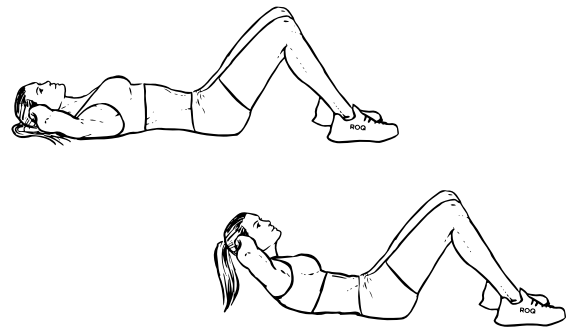
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Burpees / Squat Thrust



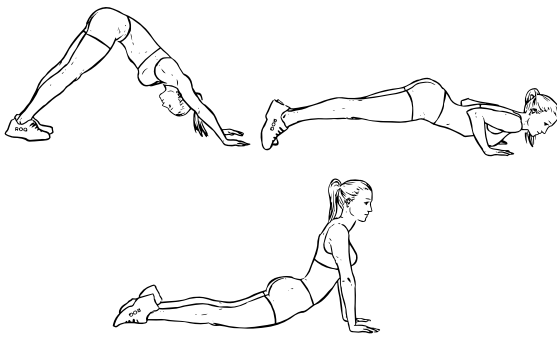
3 sets 10 reps

Crunches



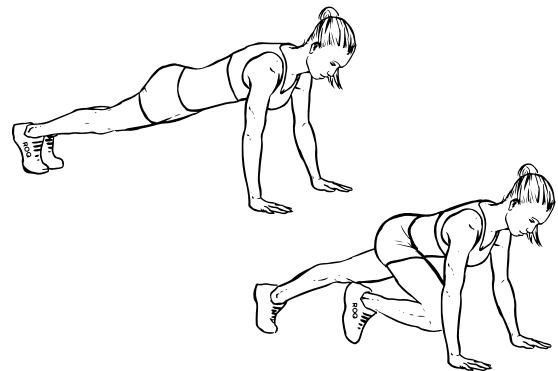
3 sets 15 reps

Hindu / Judo Push-up / Dive Bombers



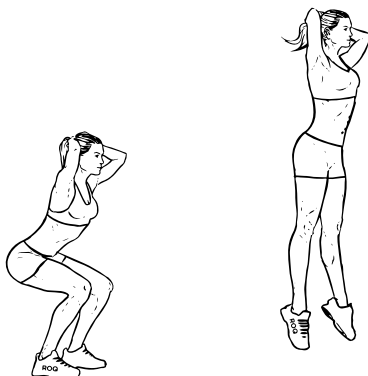
3 sets 12 reps

Mountain Climbers / Alternating Knee-ins



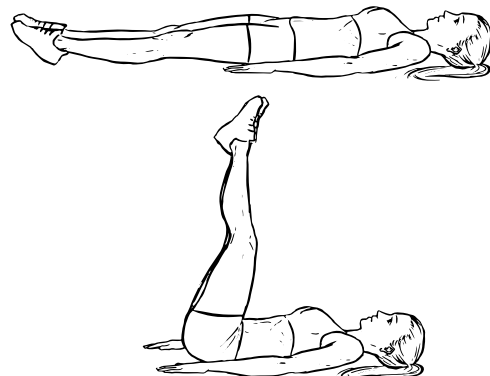
3 sets 15 reps

Jump Squat



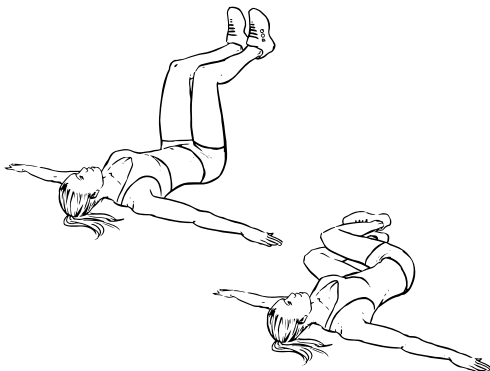
2 sets 15 reps

Lying Leg Raise / Lift



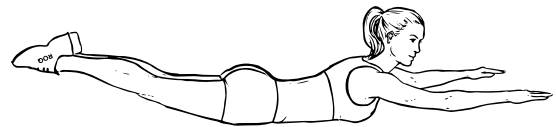
2 sets 15 reps

Windshield Wipers



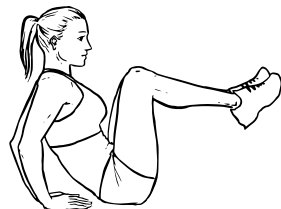
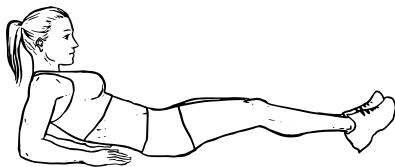
2 sets 15 reps

Superman / Extended Arms & Legs Lift



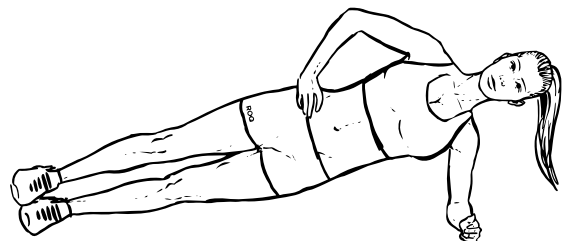
2 sets 15 reps

Leg Pull-In Knee-up



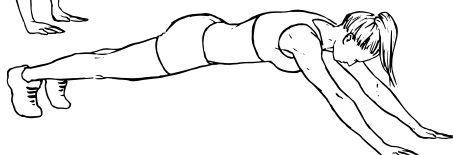
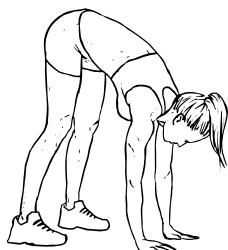
1 sets 15 reps

Side Plank



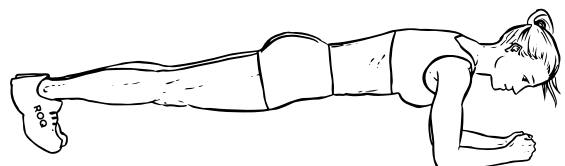
1 sets 30 reps

Inchworm / Walk Out



1 sets 15 reps

Plank



1 sets 30 reps

Post-Workout Stretches

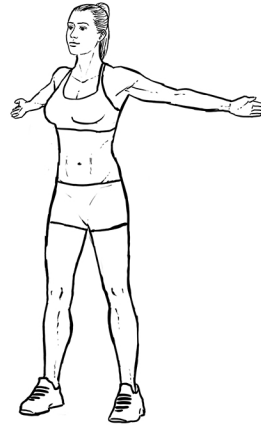
Kick start muscle recovery, maximize gains and prevent injury by performing these stretches after your strength training workout. Using an interval timer (you can download any timer app for your phone or get any small timer). **Hold each stretch for 30 seconds, taking 5 seconds to get into the next position.**



Neck × 2



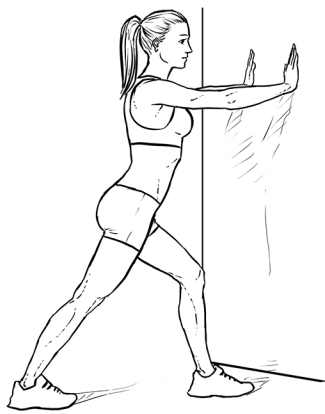
Shoulders × 2



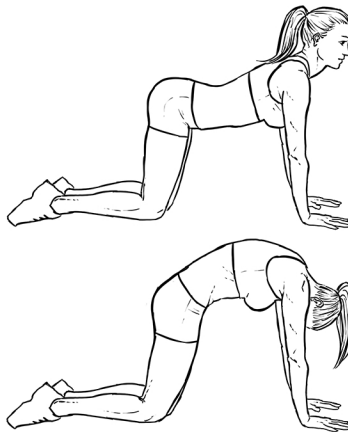
Chest



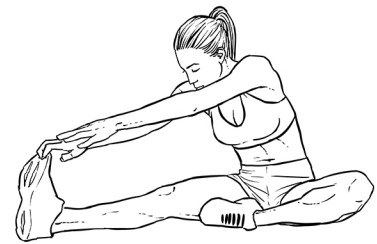
Quadriceps × 2



Calves × 2



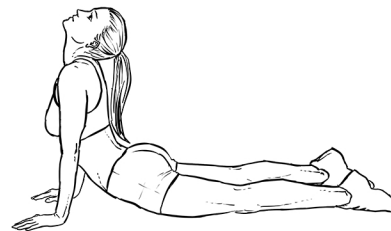
Back



Hamstrings × 2



Lower Back × 2



Abdominals Skip if you have back problems